

CRECHE

19TH – 23RD DECEMBER.....9.20AM-11.40AM

24TH-26TH DECEMBER.....CLOSED

27TH – 30TH DECEMBER.....9.20AM – 11.40AM

31ST DEC – 2ND JAN.....CLOSED

REOPEN AS NORMAL FROM.....3RD JAN

ALL SESSIONS LISTED ABOVE WILL BE DEPENDANT ON NUMBERS BOOKED, PLEASE BOOK WITH THE CRECHE TEAM TO SECURE THESE SESSIONS.

THE NATURAL PLANET CAFE

24TH-26TH DECEMBER CLOSED

27TH DECEMBER..... 9AM-1.30PM

28TH-30TH DECEMBER..... 7AM-8PM

31ST DEC & 1ST JAN'12.....CLOSED

2ND JAN'12..... 9AM – 1.30PM

THE OASIS HEALTH CLUB

CHRISTMAS OPENING HOURS

24TH DEC 2011 TO 2ND JAN 2012

CLUB OPENING HOURS

SAT 24TH DEC....8AM – 2PM

SUN 25TH & MON 26TH DEC....CLOSED

TUE 27TH DEC....8AM – 2PM

WED 28TH DEC....7AM – 8PM

THU 29TH DEC....7AM – 8PM

FRI 30TH DEC....7AM – 8PM

SAT 31ST DEC....8AM – 2PM

SUN 1ST JAN....CLOSED

MON 2ND JAN....8AM -2PM

FROM TUESDAY 3RD JANUARY ALL CLUB OPENING HOURS WILL REVERT TO NORMAL WITH THE EXCEPTION OF THE NEW HOURS, FRIDAY 6.30AM TO 9PM AND SATURDAY & SUNDAY 7.30AM TO 5PM

CHRISTMAS TIMETABLE 2011/2012

| | | | |
|---------------------------------|--------------------------------|--------------------------------|--------------------------|
| <u>MON 19TH DEC</u> | 9.30AM....BODYPUMP | <u>MON 2ND JAN</u> | 9.30AM....SPINNING |
| | 18.05PM....BODYCOMBAT | <u>TUE 3RD JAN</u> | 9.30AM....STEP |
| | 18.00PM....SPINNING | | 11.15AM....AQUA |
| <u>TUE 20TH DEC</u> | 9.30AM....STEP | | 18.00PM....SPIN N ABS |
| | 11.15AM....AQUA | | 19.00PM....AQUA |
| | 17.55PM....BODYATTACK | <u>WED 4TH JAN</u> | 7.00AM....SPIN ROW |
| | 18.00PM....SPINNING | | 9.30AM....STRETCH & TONE |
| | 18.55PM....KARATE | | 18.15AM....BODYPUMP |
| | 20.00PM....ASTANGA YOGA | <u>THUR 5TH JAN</u> | 7.00AM....AQUA |
| <u>WED 21ST DEC</u> | 7.00AM....SPIN/ROW | | 9.30AM....BODYATTACK |
| | 18.15AM....BODYPUMP | | 11.15AM....AQUA |
| <u>THUR 22ND DEC</u> | 11.15AM....AQUA | | 18.20PM....BODY BALANCE |
| | 18.30PM....SPINNING | | 18.30PM....SPINNING |
| <u>FRI 23RD DEC</u> | 9.30AM....BODYCOMBAT | <u>FRI 6TH JAN</u> | 7.00AM....SPINNING |
| | | | 7AMBODY PUMP |
| <u>CHRISTMAS EVE</u> | 9.30AM....SPIN/CIRCUIT | | 9.30AM....BODYCOMBAT |
| <u>CHRISTMAS DAY</u> | CLOSED | | 10.00AM....SPINNING |
| <u>BOXING DAY</u> | CLOSED | <u>SAT 7TH JAN</u> | 9.30AM....SPIN CIRCUIT |
| <u>TUE 27TH DEC</u> | 9.30AM....SPIN N ABS | | 10.35am....BODYATTACK |
| <u>WED 28TH DEC</u> | 9.30AM....SPINNING | | 11.40AM....BODYCOMBAT |
| <u>THUR 29TH DEC</u> | 9.30AM....BODYATTACK | <u>SUN 8TH JAN</u> | 9.00AM....BODYPUMP |
| | 18.00PM....SPINNING | | 10.05AM....ZUMBA |
| <u>FRI 30TH DEC</u> | 9.30AM....BODYCOMBAT | | 11.15AM....AQUA |
| <u>SAT 31ST DEC</u> | 9.30AM....SPIN/ <i>CIRCUIT</i> | | |
| <u>NEW YEARS DAY</u> | CLOSED | | |

MAY WE TAKE THIS OPPORTUNITY TO THANK
YOU FOR YOUR CUSTOM IN 2011 & WISH YOU A
MERRY CHRISTMAS & A HEALTHY NEW YEAR