



# CHRISTMAS CLASS TIMETABLE 2025

<p><b>DECEMBER, 24TH</b></p>	<p>PILATES WITH EMMA          PILATES WITH JO          LOW INTENSITY PILATES WITH JO          PILATES WITH EMMA</p>	<p>9:30 AM          12:30 PM          1:45 PM          5:00 PM (new time)</p>
<p><b>CHRISTMAS DAY</b></p>	<p><b>STUDIO CLOSED</b></p>	
<p><b>BOXING DAY</b></p>	<p><b>STUDIO CLOSED</b></p>	
<p><b>SATURDAY, 27TH</b></p>	<p>PILATES WITH EMMA          PILATES CIRCUITS WITH EMMA</p>	<p>9:30 AM          10:45 AM</p>
<p><b>SUNDAY, 28TH</b></p>	<p>PILATES WITH JO          TRIGGERPOINT WITH JO</p>	<p>10:45 AM          12:00 PM</p>
<p><b>MONDAY, 29TH</b></p>	<p>PILATES WITH EMMA          PILATES CIRCUITS WITH EMMA          LOW INTENSITY PILATES WITH EMMA          PILATES WITH KATY          SMALL EQUIPMENT WITH KATY</p>	<p>9:30 AM          10:45 AM          12:30 PM          6:00 PM          7:15 PM</p>
<p><b>TUESDAY, 30TH</b></p>	<p>SMALL EQUIPMENT WITH KATY          LOW INTENSITY PILATES WITH KATY          BARRE WITH JO          CHAIR PILATES WITH INBAL          FITBALL WITH JO          PILATES WITH JO</p>	<p>9:30 AM          10:45 AM          12:30 PM          3:00 PM          6:00 PM          7:15 PM</p>
<p><b>WEDNESDAY 31ST</b></p>	<p>PILATES WITH DIANNE          TRIGGER POINT PILATES WITH DIANNE          LOW INTENSITY PILATES WITH DIANNE          CHAIR PILATES WITH DIANNE          PILATES WITH KATY</p>	<p>9:30 AM          10:45 AM          12:30 PM          2:00 PM          6:00 PM</p>
<p><b>NEW YEARS DAY</b></p>	<p><b>STUDIO CLOSED</b></p>	
<p><b>FRIDAY, 2ND JANUARY</b></p>	<p><b>CLASSES RESUME AS NORMAL</b></p>	