



ACADEMY HEALTH CLUB

HOLIDAY SCHEDULE



Schedule in Effect: Thursday 24th December 2020 - Sunday January 3rd 2021

C = CARDIO; P = POOL; G = GYM S = STUDIO; O = OUTSIDE

Holiday Special – Enjoy a swim after your “pay as you go class” for only 2.00! Classes included in this offer are denoted with 🎁

ALL CLASSES ON THIS HOLIDAY SCHEDULE WILL BE GIVEN A DUSTING OF CHRISTMAS OR NEW YEAR MAGIC!!!



CHRISTMAS EVE THURSDAY 24TH DECEMBER 6:00 AM – 2:00 PM

8:30 – 9:00 am Stroke Technique Class (P) Instructor Stuart

9:15 – 10:00 am PowerFit (C) Instructor Jeannie 🎁

10:10 – 11:00 am Evergreens (50+ Shape & Tone) (C) Instructor Stuart 🎁

11:10 – 12:00 pm Fitness Pilates (C) Instructor Jeannie 🎁



Merry Christmas!

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CLOSED CHRISTMAS DAY & CLOSED BOXING DAY

SUNDAY 27TH DECEMBER: OPENING HOURS 7:00 AM – 2:00 PM

10:00 – 11:00 am Fitness Pilates (C) Instructor Helen 🎁

MONDAY 28TH DECEMBER: OPENING HOURS 6:00 AM – 1:30 & 3:30 - 8:00 PM

10:10 – 11:00 am Evergreens (50+ Shape & Tone) (C) Instructor Stuart 🎁

11:10 – 12:00 pm Evergreens (50+ Shape & Tone) (C) Instructor Stuart

12:15 – 12:45 pm Stroke Technique Class (P) Instructor Stuart 🎁

5:00 – 5:45 pm Strength, Balance, & Flexibility 4 Sport (C) Instructor Martin 🎁

6:00 – 6:45 pm Spin (S) Inst. Martin 🎁 or 6:00 – 6:50 pm Yoga (C) Instructor Naomi 🎁

6:00 – 6:30 pm Swim Lesson for Adult Beginners/Int (P)

6:35 – 7:25 pm Aquafit (shallow) (P) Instructor Tori

PLANK

BURPEES

TUESDAY 29TH DECEMBER: OPENING HOURS 7:00 AM – 1:30 & 3:30 - 9:00 PM

9:00 – 9:30 am Swim Lesson for Adult Beginners/Int (P)

9:00 – 9:45 am Gym Circuits (G) Instructor Paul 🎁

10:00 – 10:45 am Studio Circuits (C) Instructor Paul 🎁

11:00 – 11:50 am Aquafit (Deep water) (P) Instructor Tori

5:00 – 5:45 pm PowerFit (C) Instructor Martin

6:00 – 6:50 pm Pilates Instructor Jeannie (C)

7:00 – 7:45 pm Spinning (S) Instructor Martin or 7:00 – 7:50 pm HIIT (C) Instructor Jeannie

WEDNESDAY 30TH DECEMBER: OPENING HOURS 7:00 AM – 1:30 & 3:30 - 8:00 PM

9:15 – 10:00 am Spinning (S) Instructor Paul 🎁

10:10 – 11:00 am Strength N Tone (C) Instructor Paul 🎁

11:10 – 12:00 pm Core N Stretch (C) Instructor Paul 🎁

6:15 – 7:00 pm Spinning (S) 6:15 – 7:15 pm or Gym Circuits (G) Instructor Martin

6:15 – 7:00 pm Cardio Blast with Step, Kettlebells & More! (C) Instructor Jeannie

7:15 – 8:00 pm Pilates (C) Instructor Jeannie

NEW YEARS EVE THURSDAY OPENING HOURS 6:00 AM – 2:00 PM

8:30 – 9:00 am Stroke Technique Class (P) Instructor Stuart

9:15 – 10:00 am PowerFit (C) Instructor Jeannie 🎁

10:10 – 11:00 am Evergreens (50+ Shape & Tone) (C) Instructor Stuart 🎁

11:10 – 12:00 pm Fitness Pilates (C) Instructor Jeannie 🎁

CLOSED NEW YEARS DAY

SATURDAY 2ND JANUARY OPENING HOURS 7:00 AM – 4:00 PM

7:30 – 8:30 am Adult Swim Fitness & Masters (P) Instructor Nic

8:00 – 8:45 am Spinning (S)

8:30 – 9:00 am Swim Lesson Adult Beginners/Intermediates (P)

SUNDAY 3RD DECEMBER: OPENING HOURS 7:00 AM – 2:00 PM

10:00 – 11:00 am Yoga (C) Instructor Kate 🎁

MONDAY 4TH JANUARY: USUAL OPERATING HOURS NOW IN EFFECT (6:00 AM – 9:30 PM)

Please refer to our NEW 2021 Health Club Class Schedule which goes into effect today!

PLEASE BOOK ONLINE AT: <https://www.gymsync.co.uk/>

CLASSES AVAILABLE TO ACADEMY FULL MEMBERS (COMPLIMENTARY) & NON-MEMBERS £6.25 PLEASE BOOK VIA THE GYMSYNC APP

ACADEMY 1:1 PRIVATE SPORTS COACHING/WELLNESS PROGRAMES & FITNESS CONCEPTS AVAILABLE... GREAT CHRISTMAS GIFT!

