

# CHRISTMAS CLASS PROGRAMME

## MONDAY 18TH DECEMBER

07.15 - 07.45 BODY PUMP  
09.30 - 10.15 STRETCH & FLEX  
10.30 - 11.15 TOTAL BODY TONING  
12.15 - 13.00 AQUA  
18.00 - 19.00 BODY PUMP

## TUESDAY 19TH DECEMBER

09.30 - 10.30 PRIME FUNCTIONAL CIRCUITS  
10.30 - 11.30 PRIME AEROBICS  
18.00 - 19.00 CIRCUITS

## WEDNESDAY 20TH DECEMBER

07.15 - 07.45 SPIN  
18.00 - 19.00 SPIN & HIIT

## THURSDAY 21ST DECEMBER

07.15 - 07.45 ORIGIN CIRCUIT  
09.30 - 10.30 PRIME FUNCTIONAL CIRCUIT

## FRIDAY 22ND DECEMBER

NO CLASSES

## SATURDAY 23RD DECEMBER

10.00 - 11.30 CHRISTMAS CIRCUIT

## THURSDAY 28TH DECEMBER

07.15 - 07.45 SPIN  
18.00 - 19.00 BODY PUMP

## FRIDAY 29TH DECEMBER

07.15 - 07.45 BODY PUMP

## SUNDAY 31ST DECEMBER

10.00 - 11.00 BODY PUMP

## WEDNESDAY 3RD JANUARY

07.15 - 07.45 SPIN  
10.00 - 10.45 SEATED TBT  
12.15 - 13.00 AQUA  
18.00 - 19.00 BODY PUMP

## THURSDAY 4TH JANUARY

07.15 - 07.45 ORIGIN CIRCUIT  
09.30 - 10.15 ZUMBA  
10.30 - 11.30 PRIME FUNCTIONAL CIRCUITS  
18.00 - 18.30 HIIT  
18.35 - 19.00 STRETCH & ABS

## FRIDAY 5TH JANUARY

07.15 - 07.45 BODY PUMP  
18.00 - 18.45 EXPRESS CIRCUITS

Normal Timetable as of Saturday 6th January

## OPENING HOURS

SUNDAY 24TH DECEMBER	08.00-14.00
MONDAY 25TH DECEMBER	CLOSED
TUESDAY 26TH DECEMBER	CLOSED
WEDNESDAY 27TH DECEMBER	07.00-19.00
THURSDAY 28TH DECEMBER	07.00-19.00
FRIDAY 29TH DECEMBER	07.00-19.00
SATURDAY 30TH DECEMBER	08.00-16.00
SUNDAY 31ST DECEMBER	08.00-14.00
MONDAY 1ST JANUARY	CLOSED
TUESDAY 2ND JANUARY	CLOSED

Normal Hours as of Wednesday 3rd January

*Wishing everyone a Merry Christmas  
and a Happy New Year*

CLUB DG ONE

Membership

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f /DGONELEISURECOMPLEX

Dumfries & Galloway  
Council