



Merry Christmas

Lifestyle's normal Group Exercise timetable will resume 24 January 2012.



UPPER HUTT HOLIDAY HOURS

Day	Date	Hours	Classes
Saturday	24 th December	7am – 1pm	8.00am MuscleXpress
			8.45am ThaiFit
			9.30am Zumba
			9.30am RiDE
Sunday	25th December	CLOSED	
Monday	26th December	CLOSED	
Tuesday	27 th December	7am – 1pm	9.30am ThaiFit 10.15am MuscleXpress
Wednesday	28 th December	7am – 1pm	9.30am Pilates 9.30am RiDE
Thursday	29 th December	7am – 1pm	9.30am BoxFit
Friday	30 th December	7am – 1pm	9.30am MuscleXpress
			10.15am ThaiFit Xpress
			10.15am QuickRiDE
Saturday	31 st December	7am – 1pm	8.00am MuscleXpress
			8.45am ThaiFit
			9.30am Zumba
			9.30am RiDE
Sunday	1st January	CLOSED	
Monday	2nd January	CLOSED	
Tuesday	3 rd January	7am – 1pm	9.30am ThaiFit 10.15am MuscleXpress
Wednesday	4 th January	Normal Hours	9.30am Pilates
			9.30am RiDE
			5.30pm MuscleXpress
			6.30pm ThaiFit

Season's Greetings from the Team!

Lifestyle
HEALTH & FITNESS CLUBS