











Tuesday 24th December			
Start Time	Class Length	Focus	Class
Morning Session			
08:30	45 mins		RIDE: Rhythm +
09:30	45 mins		Power Conditioning
10:30	60 mins		Hatha Yoga
10:30	45 mins	 	Functional Fit

Christmas Opening Hours
Tuesday 24th December 08:00 - 15:00
Wednesday 25th December Closed
Thursday 26th December Closed
Friday 27th to Monday 30th December
Hillbrow Health and Wellbeing will be open as normal,
with your usual classes available.
Tuesday 31st December 08:00 - 15:00
Wednesday 1st January Closed

Tuesday 31st December			
Start Time	Class Length	Focus	Class
Morning Session			
08:30	45 mins		RIDE: Rhythm +
09:30	45 mins		Body Conditioning
10:30	60 mins		Hatha Yoga
10:30	60 mins		Functional Strength



- Cardio



- Holistic



- Dance



- Strength & Core



- High Intensity Interval Training (HIIT)



- Water Based

+ Classes suitable for those 14 years & over. All other classes are suitable for those aged 16 years & over. The class session includes any time taken to set-up and take-down equipment necessary for the activity. If you cannot attend a class, please cancel online or by telephone 1 hour prior to the class commencing. For full class descriptions visit www.hillbrowhealthandwellbeing.org Please note timetable subject to change.