

DAY	LJLC Open								
Wednesday 20 th December	12.00-21.00	Aerobics 12.15-13.00	Yoga 14.00-15.00	Indoor Cycling 17.00-17.45	Indoor Cycling 18.00-18.45	Grit 17.15-18.00	Circuits 19.00-20.00	Indoor cycling (John bright) 18.15-19.00	Step (John Bright) 18.15-19.00
Thursday 21 st December	14.00-21.00	Yoga 14.00-15.00	Abs 17.30-18.00	Grit 18.15-18.45	Yoga 19.00-20.00	Indoor cycling (John Bright) 17.30-18.15	M.E (John Bright) 18.00-18.45	Pilates (John bright) 19.00-20.00	
Friday 22 nd December	14.00-21.00	Pilates 14.00-15.00	M.E 17.00-17.45	Circuits 18.00-19.00	Yoga 19.00-20.00				
Saturday 23 rd December	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	
Sunday 24 th December	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	
Monday 25 th December	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	
Tuesday 26 th December	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	
Wednesday 27 th December	16.00-20.00	Indoor Cycling 17.00-17.45	Indoor Cycling 18.00-18.45	Grit 17.15-17.45	Circuit 18.00-19.00	Pilates 19.00-20.00			
Thursday 28 th December	16.00-20.00	Indoor Cycling 17.00-17.45	Indoor Cycling 18.00-18.45	M.E 17.15-18.00	Yoga 19.00-20.00				
Friday 29 th December	16.00-20.00	M.E 17.00-17.45	Circuit 18.00-19.00	Pilates 18.00-19.00					
Saturday 30 th December	10.00-14.00	Indoor Cycling 10.00-10.45							
Sunday 31 st December	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	
Monday 1 st January	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	
Tuesday 2 nd January	12.00-20.00	Low Impact Circuit 14.00-15.00	Pilates 14.00-15.00	Indoor Cycling 17.15-18.00	Indoor Cycling 18.15-19.00	M.E 18.00-18.45	Grit 19.00-19.30		

Llandudno Junction Fitness Classes Christmas 2017

