

Christmas and New Year's Class Timetable 2009

Christmas Week

Day	Time	Class
Monday 21 December	6.00 pm	Sweat & Tone (Colleen), Rose Hill
	7.15 pm	Pilates (Colleen), Rose Hill
Tuesday 22 December	10.00 am	Bums & Tums (Colleen), Rose Hill
	5.30 pm	Bums & Tums (Colleen), Rose Hill
	6.45 pm	Yoga/Pilates (Colleen), Rose Hill
Wednesday 23 December	10.00 am	Pilates (Colleen), Rose Hill
	6.00 pm	Bums & Tums (Colleen), Rose Hill
Thursday 24 December	Christmas Eve	No Classes
Friday 25 December	Christmas Day	No Classes
Saturday 26 December	Boxing Day	No Classes
Sunday 27 December		No Classes

Please Note

There will be no classes at Milbrook House, Milton Park during the Christmas period. Classes resume **Monday 4 January 2010**.

New Year Week

Day	Time	Class
Monday 28 December		No Classes
Tuesday 29 December	10.00 am	Bums & Tums (AJ), Rose Hill
	5.30 pm	Bums & Tums (AJ), Rose Hill
	6.45 pm	Yoga/Pilates (AJ), Rose Hill
Wednesday 30 December	10.00 am	Pilates (AJ), Rose Hill
	6.00 pm	Bums & Tums (AJ), Rose Hill
Thursday 31 December	New Year's Eve	No Classes
Friday 01 January 2010	New Year's Day	No Classes
Saturday 02 January 2010	10.00 am	Bums & Tums (basic) (AJ), Rose Hill
	11.15 am	Yoga (AJ), Rose Hill
Sunday 03 January 2010	10.00 am	Bums & Tums (Colleen), Rose Hill

Monday 4 January and onwards normal timetable applies visit:

www.ajactive.co.uk for details

