



HERB HOUSE at Lime Wood
 Beaulieu Rd, Lyndhurst, Hampshire SO437FZ
 Telephone 023 8028 6998 Reservations 023 8028 6999
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Christmas & New Year Time Table

Tuesday 24th December 2019

Time	Class	Intensity	Instructor
07:30-09:00am	Revive yoga	Medium	Dave
09:00-09:30am	HIIT	High	Alex
09:20-10:20am	Pilates	Medium	Kim
09:35-10:05am	HIIT	High	Alex
10:15-11:00am	Aqua Box	High	Alex
12:45-1:45pm	Body Sculpt	High	John

Wednesday 25th December 2019

9:30-11:00am	Christmas Spin and Surprise	High	John
12:15-1:15pm	Forest Walk	Low	John

Thursday 26th December 2019

9:30-10:30am	Pilates	Medium	Rachael
10:45-11:45am	Stretch & Relax	Low	Rachael
1:00-1:45pm	Met-Con	High	Alex
2:30-3:30pm	Forest Walk	Low	Alex

27th, 28th, 29th & 30th December 2019

	Normal Class Schedule		
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Tuesday 31st December 2019

07:30-09:00am	Revive Yoga	Medium	Dave
09:00-09:30am	HIIT	High	Dan
09:20-10:20am	Pilates	Medium	Kim
09:35-10:05am	HIIT	High	Dan
10:15-11:00am	Aqua Box	High	Dan
12:45-1:45pm	Body Sculpt	High	Cesca
3:00- 4:00pm	Lower Body Workout	Medium/High	Cesca

Wednesday 1st January 2020

09:00-10:00am	Forest Walk	Low	Dan
10:15-11:15am	Pilates	Low/Medium	Dan
12:30-1:30pm	Pilates	Medium	Dan
2:00-2:45pm	Lower Body Walkout	High	Rachael
3:30-4:15pm	Spin	High	Cesca

PLEASE NOTE THERE MAY BE SOME CLASS ADJUSTMENTS DURING THIS TIME
 PLEASE SEE MEMBERS' NEWSLETTERS & THE NOTICE BOARD FOR UPDATES