



## Sista Fitness Midland Christmas Hours 2018-2019

24 <sup>th</sup> December Monday	25 <sup>th</sup> December Tuesday	26 <sup>th</sup> December Wednesday	27 <sup>th</sup> December Thursday	28 <sup>th</sup> December Friday	29 <sup>th</sup> December Saturday
<p><b><u>5:45am - 12pm</u></b>            6:00am S45 (Jasmyn)            6:00am RPM Exp (Kellie)            9:15am BodyPump (Margie)            10:45am Yoga (Margie)</p> <p><b>**No crèche**</b></p>	<p><b><u>CLOSED PH</u></b></p>	<p><b><u>CLOSED PH</u></b></p>	<p><b><u>5:45am – 7pm</u></b>            6:00am S45 (Jasmyn)            6:00am BodyAttack (Kirsty)            9:15am RPM (Kellie)            5:30pm Pump (Michelle)</p> <p><b>**No creche**</b></p>	<p><b><u>5:45am – 7pm</u></b>            6:00am Boxing (Jasmyn)            9:15am Pump (Beth)            10:45am S45 (Jasmyn)            4:30pm S45 (Brigitte)</p> <p><b>**No creche**</b></p>	<p><b><u>7am – 4pm</u></b>            S45 7:15am (Jasmyn)            8am RPM (Naomi)            Body Pump 9:15am (Michelle)            Yoga 10:30am (Crystal)</p> <p><b>**No crèche**</b></p>
30 <sup>th</sup> December Sunday	31 <sup>st</sup> December Monday	1 <sup>st</sup> January Tuesday	2 <sup>nd</sup> January Wednesday		
<p><b><u>8am - 3pm</u></b>            8:15am S45 (Tegan)            9:00am KONGA (Casey)            10:30am Pilates (Janelle)</p> <p><b>**No crèche**</b></p>	<p><b><u>5:45am - 12pm</u></b>            6:00am S45 (Jasmyn)            6:00am RPM Exp (Noami)            9:15am Body Pump (Margie)            10:45am Yoga (Margie)</p> <p><b>**No crèche**</b></p>	<p><b><u>CLOSED PH</u></b></p>	<p><i>Normal Hours</i>             Usual classes and crèche resume</p>		