



# Christmas Timetable

We will be running a limited class timetable and gym opening times during the festive period before returning to normal on **Tuesday 2nd January 2024**.

**Thurs 21<sup>st</sup> Dec**

**Gym Open:** Normal Hours

**Classes:**

**Yoga Flow**  
09:30 - 10:15

**THE TRIP (Virtual)**  
09:30 - 10:15

**Special Festive Classes!**

**Santa's Circuits**  
18:00 - 19:00

**Yuletide Yoga**  
18:30 - 19:15



**22<sup>nd</sup> - 23<sup>rd</sup> Dec**

**Gym Open:**

Normal Friday & Saturday  
Hours

**Classes:**

Normal Friday & Saturday  
Timetable

**24<sup>th</sup> - 26<sup>th</sup>  
December**

**Closed for  
Christmas**



**Wed 27<sup>th</sup> Dec**

**Gym Open:** 8am - 4pm

**Classes:**

**Cardio & Core**  
09:30 - 10:15

**THE TRIP (Virtual)**  
09:30 - 10:15

**Align & Define**  
10:30 - 11:15

**Thurs 28<sup>th</sup> Dec**

**Gym Open:** 8am - 4pm

**Classes:**

**Freestyle Cycle**  
09:30 - 10:15

**BodyCombat**  
10:30 - 11:15

**Fri 29<sup>th</sup> Dec**

**Gym Open:** 8am - 4pm

**Classes:**

**RigFit**  
09:30 - 10:15

**THE TRIP (Virtual)**  
10:30 - 11:15

**Sat 30<sup>th</sup> Dec**

**Gym Open:** 8am - 4pm

**Classes:**

**BodyPump**  
08:10 - 08:55

**THE TRIP**  
09:15 - 10:00

**Sun 31<sup>st</sup> Dec**

**Gym Open:** 9am - 4pm

**Classes:**

**RigFit**  
09:30 - 10:15

**THE TRIP (Virtual)**  
10:30 - 11:15

**Mon 1<sup>st</sup> Jan**

**Closed**



2 0 2 4

**Tue 2<sup>nd</sup> January**

**Gym Open:** Normal times

**Classes:**

Normal  
timetable



Scan to view our  
normal timetable

**Merry Christmas from all the YMCA Plymouth team!**

Please note: Class times are subject to change

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