

# Christmas

## GYM TIMETABLE

Date	Staff	Shift	Classes
24/12	Hannah	6:30am - 8:00am	None
25/12	Santa	Night	Closed
26/12	----	----	Closed
27/12	Peter	8:45am - 10am	Multi-fit @ 8:45am Core Conditioning @ 9:30am
28/12	----	----	Sunday
29/12	Hannah	6:30am - 8:30am	Get up and go @ 7am Stretch and Refresh @ 7:40am
29/12	Josh	3pm-8pm	Get fit for tennis @ 5:30pm Get fit for Squash @ 6pm
30/12	Peter	3pm-8pm	Circuits @ 5pm / Dynamic Stretching @ 5:30pm / Multi-fit @ 6pm
31/12	Hannah	6:30am - 8:30am	None
01/01	----	----	Closed

Please refer to the club opening times for the gym opening times

The timetable returns to normal after the 1<sup>st</sup> of January 2026

If you have any questions, please email Josh, at [josh@crafc.co.uk](mailto:josh@crafc.co.uk)