

BodyFit Summer Holiday Classes

A summary of our summer holiday timetable is below.

- ✓ See home page of our [website](#) for the [Summer Class Booking Form](#)
- ✓ Save money by paying in advance

- ✓ All hall based classes are at the Methodist Hall
- ✓ All running classes meet at the Lakes Home Centre (LHC)

See the BodyFit [‘What’s on Calendar’](#) for full details.

July 2018		Week 1	
Monday	23	Run: 6:15pm	LHC
Tuesday	24	Run: 9.30am Circuit: 4.30pm Core: 5.50pm	LHC Methodist Hall Methodist Hall
Wednesday	25	Core: 9.30am	Methodist Hall
Thursday	26	Run: 6:00pm	LHC
Friday	27	Core: 9.10am OA: 10.30am	Methodist Hall Methodist Hall
Saturday	28		
Sunday	29		

		Week 4	
Monday	13	Run: 6:15pm	LHC
Tuesday	14	Run: 9.30am Circuit: 4.30pm Core: 5.50pm	LHC Methodist Hall Methodist Hall
Wednesday	15	No Classes	N/A
Thursday	16	Run: 6:00pm	LHC
Friday	17	Core: 9.10am OA: 10.30am	Methodist Hall Methodist Hall
Saturday	18		
Sunday	19		

		Week 2	
Monday	30	Run: 6:15pm	LHC
Tuesday	31	Run: 9.30am Circuit: 4.30pm Core: 5.50pm	LHC Methodist Hall Methodist Hall
Aug-18			
Wednesday	1	Core: 9.30am	Methodist Hall
Thursday	2	Run: 6:00pm	LHC
Friday	3	No Classes	N/A
Saturday	4		
Sunday	5		

		Week 5	
Monday	20	Run: 6:15pm	LHC
Tuesday	21	Run: 9.30am Circuit: 4.30pm Core: 5.50pm	LHC Methodist Hall Methodist Hall
Wednesday	22	Core: 9.30am	Methodist Hall
Thursday	23	Run: 6:00pm	LHC
Friday	24	Core: 9.10am OA: 10.30am	Methodist Hall Methodist Hall
Saturday	25		
Sunday	26		

		Week 3	
Monday	6	Run: 6:15pm	LHC
Tuesday	7	Run: 9.30am Circuit: 4.30pm Core: 5.50pm	LHC Methodist Hall Methodist Hall
Wednesday	8	Core: 9.30am	Methodist Hall
Thursday	9	Run: 6:00pm	LHC
Friday	10	Core: 9.10am OA: 10.30am	Methodist Hall Methodist Hall
Saturday	11		
Sunday	12		

		Week 6	
Monday	27	No Classes	N/A
Tuesday	28	No Classes	N/A
Wednesday	29	No Classes	N/A
Thursday	30	No Classes	N/A
Friday	31	No Classes	N/A
Sep-18			
Saturday	1		N/A
Sunday	2		N/A

		Week 7	
Monday	3	Run: 6:15pm	LHC
Tuesday	4	Start of term	