



## **HOLIDAY GYM OPENING HOURS**

**Friday 21/12 6:00am- 1:00pm**

**Saturday 22/12 8:00am-1:00pm**

**Sunday 23/12 9:00am-1:00pm**

**Monday 24/12 CLOSED**

**Tuesday 25/12 CLOSED**

**Wednesday 26/12 CLOSED**

**Thursday 27/12 9:00am-1:00pm**

**Friday 28/12 9:00am-1:00pm**

**Saturday 29/12 9:00am-1:00pm**

**Sunday 30/12 9:00am-1:00pm**

**Monday 31/12 9:00am-1:00pm**

**Tuesday 01/01 CLOSED**

**Wednesday 02/01 4:00pm-8:00pm**

**Thursday 03/01 4:00pm-8:00pm**

**Friday 04/01 4:00pm-8:00pm**

**Saturday 05/01 9:00am-1:00pm**

**Sunday 06/01 9:00am-1:00pm**



**Monday 07/01 Back to normal opening hours.**

From the whole team at Brophy's we thank you for a wonderful year! It's been a very busy one for us, and we appreciate your support and understanding. Holiday hours are reduced due to many members being away in previous years and a high number of membership suspensions this year.

It's now the time to rest and recharge before going hard in 2019, when we look forward to seeing everyone's fresh faces again!



# Brophy's Holiday Timetable

 **2018 / 2019** 

Mon 10/12	Tue 11/12	Wed 12/12	Thu 13/12	Fri 14/12	Sat 15/12	Sun 16/12
10:00 Pilates	6:30 Pilates	6:30 Dynamic		10:00 Hatha Yoga	9:15 Dynamic	10:00 Yin Yoga
18:00 Dynamic	18:30 Yoga Flow	10:00 Hatha Yoga			10:00 Pilates	
		18:30 Dynamic/ Boxing			11:00 Yoga Flow	

Mon 17/12	Tue 18/12	Wed 19/12	Thu 20/12	Fri 21/12	Sat 22/12	Sun 23/12
		10:00 Hatha Yoga		10:00 Hatha Yoga	9:15 Dynamic	10:00 Yin Yoga
	18:30 Yoga Flow	18:30 Dynamic/ Boxing			11:00 Yoga Flow	

Mon 24/12	Tue 25/12	Wed 26/12	Thu 27/12	Fri 28/12	Sat 29/12	Sun 30/12
Xmas Eve	Xmas Day	Boxing Day			10:00 Pilates	10:00 Yin Yoga

Mon 31/12	Tue 01/01	Wed 02/01	Thu 03/01	Fri 04/01	Sat 05/01	Sun 06/01
NYE	NYD				11:00 Yoga Flow	10:00 Yin Yoga

Mon 07/01	Tue 08/01	Wed 09/01	Thu 10/01	Fri 11/01	Sat 12/01	Sun 13/01
10:00 <b>NEW</b> Pilates/ Stretch		10:00 Hatha Yoga		10:00 Hatha Yoga	9:15 <b>NEW</b> Total Tone	10:00 Yin Yoga
18:00 Dynamic	18:30 Yoga Flow	18:30 Dynamic/ Boxing			11:00 Yoga Flow	

**Full Timetable from 14/01/2019.  
Wishing you healthy holidays!**