

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, except Weds 22/08/18
- ✓ 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 |
| 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 | Eglesfield Village Hall |
| Thursday | 23 | Run: 6:00pm | LHC |
| Friday | 24 | No Classes | N/A |
| 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 |
| Saturday | 1 | | N/A |
| Sunday | 2 | | N/A |

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