

## Christmas 2017 (updated)

| Dec                              | Mon 18                    | Tue 19              | Wed 20                       | Thu 21 | Fri 22                  | Sat 23                          | Sun 24 |
|----------------------------------|---------------------------|---------------------|------------------------------|--------|-------------------------|---------------------------------|--------|
| <b>Ealing Common Early Riser</b> | QtG<br>06.45<br>Rosangela | QtG<br>9.30<br>Kath | Circuits<br>06:45<br>Kath    |        | Box-fit<br>06.45<br>Rob |                                 |        |
| <b>Ealing Common Evening</b>     | Extreme<br>19.00<br>Team  |                     | Hiit & Abs<br>19.00<br>Emily |        |                         |                                 |        |
| <b>Lammas Park</b>               |                           |                     |                              |        |                         |                                 |        |
| <b>Walpole Park</b>              |                           |                     |                              |        | Blast<br>12:30<br>Kath  | Christmas Fun!<br>09.30<br>Kath |        |

| Dec                              | Mon 25                 | Tue 26 | Wed 27                       | Thu 28 | Fri 29                      | Sat 30                 | Sun 31 |
|----------------------------------|------------------------|--------|------------------------------|--------|-----------------------------|------------------------|--------|
| <b>Ealing Common Early Riser</b> | <b>Merry Christmas</b> |        |                              |        | Box-fit<br>06.45<br>Rob     | 9.30am<br>QtG<br>Combo |        |
| <b>Ealing Common Evening</b>     |                        |        | Hiit & Abs<br>19.00<br>Emily |        |                             |                        |        |
| <b>Lammas Park</b>               |                        |        |                              |        |                             |                        |        |
| <b>Walpole Park</b>              |                        |        |                              |        | Blast<br>12:30<br>Rosangela |                        |        |

| Jan                              | Mon 01                | Tue 02                   | Wed 03                       | Thu 04 | Fri 05                      | Sat 07                        | Sun 07               |
|----------------------------------|-----------------------|--------------------------|------------------------------|--------|-----------------------------|-------------------------------|----------------------|
| <b>Ealing Common Early Riser</b> | <b>Happy New Year</b> | QtG<br>9.30<br>Rosangela | Circuits<br>06:45<br>Kath    |        | Box-fit<br>06.45<br>Rob     | QTG<br>09.00<br>Kath          |                      |
| <b>Ealing Common Evening</b>     |                       |                          | Hiit & Abs<br>19.00<br>Emily |        |                             |                               |                      |
| <b>Lammas Park</b>               |                       |                          |                              |        |                             | QTG<br>EXTREME!<br>10.30 Kath |                      |
| <b>Walpole Park</b>              |                       |                          |                              |        | Blast<br>12:30<br>Rosangela |                               | QtG<br>09:30<br>Greg |