



Christmas Opening Hours

Saturday 24th December 9am – 12pm

Christmas Day closed

Boxing Day closed

Tuesday 27th Dec closed

Wednesday 28th Dec 5.30pm – 10pm

Thursday 29th Dec 5.30pm-10pm

Friday 30th Dec 5.30pm-10pm

Saturday 31st Dec 9am – 12pm

New Year's Day closed

Monday 2nd January Closed

Tuesday 3rd January open as normal

Last class before Christmas is on Wednesday 21st December, resuming Wednesday 4th January 2017

On behalf of all the staff at Forest Fitness we would like to wish you all a very Merry Christmas and a Happy New Year