



**WORKOUT YOUR STRESS...**

**... WITH OUR**

**EASTER**

**EXERCISE CLASSES**



**MONDAY**

**Yoga 1.00-2.00pm**

**Spinning 5.00-5.45pm**

**Ab Attack 6.00-6.30pm**

**TUESDAY**

**Spinning 7.45-8.30am**

**Circuits 5.15-6.00pm**

**LBT 7.00-8.00pm**

**WEDNESDAY**

**Pilates 7.30-8.30am**

**THURSDAY**

**Circuits 5.15-6.00pm**

**These classes will run from Mon 31st March—Thurs 24th April**