



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