

## This Month's Class Timetable



Prices –

Members - £2:00 | Non Members - £4.50

Day	Class	Time
Monday	Core Class	9:15am-10:00am
	Aqua Fit	10:15am-11:00am
	Zumba	6:30pm-7:30pm
Wednesday	Yoga	5:45am-6:45pm
Thursday	Aqua Fit	10:30am-11:15am

Please check into the Health Club reception 5 minutes before any class

