

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	11:00am – 11:45am
	Zumba	6:30pm-7:30pm
Thursday	Aqua Fit	11:00am – 11:45am

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

