

## Fitness Classes

### **Monday**

Spin Class\* 6.00pm - 6.45pm

### **Tuesdays**

Aqua Aerobics\* 11.50am - 12.50pm

Yoga 5.30pm - 6.30pm *Selected dates ring site*

Aqua Aerobics\* 7.30pm - 8.30pm

Boxer Fit 7.30pm - 8.30pm

### **Wednesday**

Kettlebell Workout\* 7.20pm - 8.20pm

### **Thursday**

Aqua Aerobics\* 11.30am - 12.30pm

Aqua Aerobics\* 7.00pm - 8.00pm

Boxer Fit 7.00pm - 8.00pm

All classes included in our Ultimate Membership.  
Prior booking at reception is essential as places are limited.

A 24 hour cancellation policy applies.

\*Bookable on-line