

Fitness Class Timetable

*effective from Monday 23rd
February*

MONDAY	AQUA	1130-1230	£6.90
	MONDAY MIX	1830-1930	£6.90
TUESDAY	SOCIAL SPINNING	WHOLE DAY	£6.90
	LADIES GYM HOUR	1800-1900	£6.90
	POWER AQUA	1900-1945	£6.90
WEDNESDAY	SOCIAL SPINNING	1300-1900	£6.90
THURSDAY	GYMFIT	0900-1000	£6.90
	OTAGO	1030-1130	£3.50
	STRENGTH & BALANCE	1130-1230	£3.50
	STUDIO YOGA	1800-1900	£6.90
	AQUA	1800-1900	£6.90
	POWER SWIM	1900-2000	£5.80
FRIDAY	FEEL GOOD FRIDAY	0900-0945	£6.90
SATURDAY	CIRCUIT – 28TH FEB & 7TH MARCH	1000-1100	£6.90

MORE4life

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 Shetland
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