

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUMMER 2020 All classes are free to members. Non members 7Eu. Classes are not included in swim only membership or day passes
AQUA 9.00 - 10.00 WITH SUE	AQUA 9.00 - 10.00 WITH SUE	AQUA 9.00 - 10.00 WITH SUE	AQUA 9.00 - 10.00 WITH SUE	AQUA 9.00 - 10.00 WITH SUE		
PILATES 8.30 - 9.30 WITH KATHY			PILATES BEGINNERS 8.45 - 9.45 WITH KATHY		H.I.I.T 10.00 - 11.00 WITH NICK	
				PILATES - ADVANCED 8.45 - 9.45 WITH KATHY		
DANCERCISE 9.45 - 10.45 WITH ALI		ABSOLUTE ABS 9.45 - 10.30 WITH NICK				
	GYM CIRCUITS 10.00 - 11.00 WITH NICK			TRX 10.00 - 11.00 WITH NICK		
YOGA-INTERMEDIATE 11.00 - 12.00 WITH DEBBIE		CIRCUITS BEGINNERS 11.45 - 12.30 WITH NICK	Mindfulness & Meditation 10.30 - 11.30 WITH CAROL			
STRENGTH TRAINING 11.00 - 12.00 WITH NICK			COMFIT 11.15 - 12.15 WITH ALI	DANCERCISE 11.15 - 12.15 WITH ALI		
		YOGA-BEG/INTER 12.30 - 1.30 WITH DEBBIE				

ONLINE BOOKING - If you do not have your Username & Password, please see a member of our Reception team. Each person requires an individual email address

- * Please do not book for anyone else as any duplicate bookings will be deleted by Reception.
- * Please do not bring lists of classes to Reception to book for you.
- * Any membership under 1 month does not include classes

AQUA: A MEMBER CAN TAKE 3 OUT OF 5 CLASSES.

VERY IMPORTANT INFORMATION
IF YOU CAN NOT ATTEND A CLASS, PLEASE GO INTO YOUR LOGIN ON THE SYSTEM, GO TO CLASSES AND CANCEL YOUR BOOKING FROM THERE.

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