

EASTER 2024 OPENING TIMES & TIMETABLE

GOOD FRIDAY 29TH MARCH

OPENING TIME 8.00-17.00

- 08.15 Pilates – Lisa
- 09.30 Body Conditioning – Jodie
- 09.30 Spin - Karen
- 09.00 Aqua – Cheryl
- 09.45 Aqua – Cheryl
- 10.30 Tai Chi – Kai

EASTER SATURDAY 30TH MARCH

OPENING TIME 8.00-18.00

- 08.00 Bootcamp - Lauren
- 08.05 Pilates – Anna
- 08.15 Aqua – Gina
- 09.00 Aqua – Gina
- 09.15 Shredded Combat – Lauren
- 09.15 Spin – Cheryl
- 10.15 Kettlebell – Cheryl

EASTER SUNDAY 31ST MARCH

OPENING TIME 8.00-18.00

- 09.20 Yoga – Elif
- 10.30 Yoga – Elif

EASTER MONDAY 1ST APRIL

OPENING TIME 8.00-17.00

- 09.00 Kettlebell - Cheryl
- 09.00 Aqua – Gabor
- 09.15 Spin Karen
- 09.45 Aqua – Gabor
- 10.15 Low Fu Fitness – Karen
- 11.15 Yoga – Dee

Children's Swimming Time – 2pm – 3.45pm

Please note the Gym and Relaxation areas close 30 minutes before the club closes. Last entry one hour before closing