

Exercise and Fitness Programme

Please note the following class amendments:

Aerobics

Friday 27th Jan & 10th Feb - CANCELLED

Friday 24th Feb – the class will take place in the squash courts, spaces will be limited.

BodyBalance

Friday 27th Jan & 3rd 10th & 17th Feb - CANCELLED

Friday 24th Feb – the class will take place in the function room, spaces will be limited.

Sunday 26TH Feb - the class will take place in the function room, spaces will be limited.

Pilates

Sunday 26th Feb - the class will take place in the function room, spaces will be limited.

Fitness Yoga

Monday 13th Feb - CANCELLED

Wednesday 1st 8th 15th Feb - CANCELLED

Yoga

Friday 24th Feb – CANCELLED

BodyPump

Wednesday 15th Feb - CANCELLED

Friday 24th Feb - CANCELLED

We apologise for any inconvenience this may cause.

Please refer to the posters and leaflets for a full list of classes available