

Fitness Classes

Spring 2026

Time	Class Name	Cost
Monday		
10am	Aqua	£4.00
6pm	Pilates	£4.00
Tuesday		
12.30pm	Yoga	£4.00
1.30pm	Mindful Moments	£4.00
7pm	SwimFit	£4.00
Wednesday		
8pm	Aqua	£4.00
Thursday		
12.30pm	Yoga	£4.00
6pm	Pilates	£4.00
Friday		
10am	Aqua	£4.00
11am	Breathwork	£4.00
12.30pm	Pilates	£4.00

