

# Fitness Classes

## Winter 2026

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

