



GROUP FITNESS TIMETABLE

Time	Tuesday	Wednesday	Thursday	Friday
10:00 - 11:00	Yoga (10:15 - 11:00)		Yoga (10:15 - 11:00)	
11:00 - 12:00		Pilates (11:00 - 11:45)		Functional Training* (11:00 - 11:45)

Classes should be pre booked by email at least 24 hours in advance to avoid disappointment

The Club reserves the right to cancel any class that has less than 2 people booked
Please note that these classes may be subject to change