

Greenhouse spa & fitness class timetable August 2018

All classes on a first come, first served basis. Please add your name, membership type and class/es attending to the list at reception upon entry.

Monday 27th August is a bank holiday, we will be closing at 4:00pm and Aqua will be at 9:30am.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
9.00 – 9.45	Body Pump Caroline	9.00 – 9.45	Circuit Training Nia	9.00 – 9.45	Body Pump Dougje	9.15 – 10.00	Box Fit Yasmin	09.00 – 10.00	Pilates & Flex Carol	09.15 – 10.00	Aqua Fit Sandy		
10.00 – 10.45	Yoga Caroline	10.15 – 11.00	Aqua Yasmin					10.15 – 11.00	Aqua Kat	10.15 – 11.15	Vinyasa Yoga Annabel		
						17.30 – 18.15	Aqua Sally						
18.00 – 18.45	Aqua Sandy					18.00 – 18.45	Spin Dougje						
18.00 – 18.45	Spin Dougje			18.15 – 19.00	Pilates Caroline								



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