

FITNESS CLASS PROGRAMME

MONDAY

9.30am – 10.30am	MATURE MOVERS	£3.00 GLENYS
11.30am – 12.20	TAI – CHI	£4.00 AQUA MEMBER £5.00 NON AQUA MEMBER

TUESDAY

12.00pm – 1.00pm	AQUA CARE *	£3.50
7.30pm – 8.30pm	AQUA AEROBICS*	£4.50 JANICE

WEDNESDAY

7.15pm – 8.15pm	AQUA AEROBICS *	£4.50 LINDA
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THURSDAY

9.15am – 10.15am	AQUA CARE *	£3.50
10.30am – 11.30am	AQUA CARE *	£3.50

FRIDAY

SATURDAY

10.00am – 10.45am	MARTIAL ARTS	£4.00
10.45am – 11.30am	MARTIAL ARTS	£4.00
11.30am – 12.15pm	MARTIAL ARTS	£4.00
DO TWO CLASSES	MARTIAL ARTS	£7.00
DO THREE CLASSES	MARTIAL ARTS	£9.00



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