



LYGON

SPA



FITNESS
— TIMETABLE —

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MONDAY

09:15 - 10:15
PILATES
WITH SUE

10.30 - 11.15
AQUAPILATES
/ AQUAROBICS
WITH SUE

17:00 - 17:45
SPINNING
WITH AMANDA

TUESDAY

10:30 - 11:30
YOGA
WITH DEBBIE



WEDNESDAY

10:00 - 11:00
CIRCUITS
WITH JAE

