



LYGON

SPA



FITNESS  
— TIMETABLE —



**LYGON**

SPA

# FITNESS

— TIMETABLE —



MONDAY

9:15 - 10:15am  
**PILATES**  
WITH SUE

10:30 - 11:15am  
**AQUAPILATES**  
**/ AQUAROBICS**  
WITH SUE

5:00 - 5:45pm  
**SPINNING**  
WITH AMANDA

WEDNESDAY

10:00 - 11:00am  
**CIRCUITS**  
WITH JAE



THURSDAY

11:00am - 12:00pm  
**YOGA**  
WITH JAE

