



LYGON

SPA



FITNESS
— TIMETABLE —

LYGON

SPA

FITNESS

— TIMETABLE —



MONDAY

09:15 - 10:15
PILATES
WITH SUE

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

16:30 - 17:15
SPINNING
WITH AMANDA

TUESDAY

10:30 - 11:30
YOGA
WITH DEBBIE



WEDNESDAY

10:00 - 11:00
CIRCUITS
WITH JAE

