

# *Fitness Classes*



Monday

Yoga with Caroline 6.00pm - 7.30pm



Tuesday

Bootcamp with Jayne 12.15pm - 1.00pm

Stretch & Tone with Jayne 5.15pm - 6.00pm



Friday

Yoga with Tony 6.00pm - 7.30pm



Please ring the sports complex reception to prebook and pay for classes.



Contact number: 01524 590841