



BANK HOLIDAY WEEKEND 29th April 2022 – 2nd May 2022

Friday 29th April 2022

Gym Opening Times: 06.00 – 21.30

All Classes remain the same

Saturday 30th April 2022

Gym Opening Times: 08.00 – 19.00

All Classes remain the same

Sunday 1st May 2022

Gym Opening Times: 08.00 – 19.00

08.15 – 09.00 – Ride with Tracey

08.45 – 10.00 – Yoga with Natasha

11.15 – 12.00 – Barre Star with Rahma

Monday 2nd May 2022

Gym Opening Times: 08.00 – 19.00

09.30 – 10.30 – Sculpt with Natalie

10.45 – 11.45 – Pilates with Natalie