

HEALTH & WELLBEING *Calendar*

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Fitness 09:30-10:15 Hatha Yoga 11:30-12:15	Studio Circuits 09:30-10:15 Pilates 11:30-12:15	Aqua Fitness 09:30-10:15 Strength & Tone 11:30-12:15	Tai Chi 09:30-10:15 Studio Circuits 11:30-12:15	Pilates 09:30-10:15	Owners Family Swim 14:00-16:00	Owners Family Swim 14:00-16:00
Aqua Fitness 09:30-10:15 Hatha Yoga 11:30-12:15	Studio Circuits 09:30-10:15 Pilates 11:30-12:15	Aqua Fitness 09:30-10:15 Strength & Tone 11:30-12:15	Tai Chi 09:30-10:15 Studio Circuits 11:30-12:15	Pilates 09:30-10:15		
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Contact reception to book your place at any of our events.