

The RANGEFORD Way

• REVIVE @ HOMEWOOD GROVE -OCTOBER TO DECEMBER 2024 •

HEALTH & WELLBEING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Fitness 09.30 to 10.15 Hatha Yoga 12.30 to 13.15	Seated Circuits 09.30-10.15 Pilates 11.30-12.15	Aqua Fitness 9.30 to 10.15 Studio Circuits 12.30 to 13.15 Yoga 15.00 to 16.00	Tai Chi 9.30 to 10.15 Strength and Tone 12.30 to 13.15 Walk Fit 15.00 to 16.00	Pilates 09.30-10.15	Owners Family Swim 14.00-16.00	Owners Family Swim 14.00-16.00
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CONTACT RECEPTION TO BOOK YOUR PLACE AT ANY OF OUR EVENTS