

# Classes 2024

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
9:00 10:00 AM	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	STRETCH & FLOW PILATES	AQUA AEROBICS
10:15 11:15 AM	LOW IMPACT AEROBICS	BODY CONDITIONING	PILATES	TURTLE TOTS 9am - 1pm CARDIO DANCE FITNESS	SCULPT & STRENGTH CLASS

## Wild Swimming!

Why not join our Wild Swimming club? Available on **Tuesdays, Thursdays** and **Sundays** at **6pm** across **July & August!** Only £20 per person, per class! Head over to our website to book.