August Bank Holiday Weekend

Saturday 3rd August:
Opening hours: 9.00am-5.30pm.
Fitness classes as normal.

Sunday 4th August:
Opening hours: 9.00am-5.30pm
Fitness classes as normal.

Monday 5th August:
Opening hours: 9.00am-5.30pm
Fitness classes:
10.00am: Spin
10.45am: Core Attack
11.00am: Kettlebell