

























	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.45am						 (8.30am)	
10.00am		STABILITY BALL		 (30 min)	<b>LBT</b>		
11.30am Pool							
1.00pm							
5.15pm		<b>LBT</b>	 (30 min)				
Pool (6.00PM)							
6.15pm	CIRCUITS	STABILITY BALL					
7.15pm		 (30 min)	<b>LBT</b>				
8.15pm	 30 min	 8pm					

\*Timetable active from 3<sup>rd</sup> May 2022, pre book through the app or @ Health Club reception to guarantee your place, walk-ins also welcome\*