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Please remember to bring a towel and water.

Please wipe down all equipment before and after use.



Group fitness timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM		Strength for life		Strength for life	Golden Oldies
10:00AM		Strength for life		Strength for life	
11:15AM	Aqua fitness				
6:00PM		Aqua HITT			
6:30PM	Spin	Body Pump	Boot camp	Body Pump	