

CLUB ACTIVE

Gentle exercise to keep you moving!
Programme for Jan/Feb 2018



Tuesdays 2:00pm - 2:45pm with Poppy

2nd Jan - Studio Mix
9th Jan - Fitness Yoga
16th Jan - L.B.T.
23rd Jan - Group Cycle
30th Jan - Fitness Yoga

6th Feb - Suspension Training
13th Feb - Circuits
20th Feb - Fitness Yoga
27th Feb - Studio Mix

Book up to 7 days in advance at
reception or call 020 8398 7108