

FITNESS CLASSES

YOGA

TUESDAY

7.30 – 9.00 pm

Helps to increase flexibility, strength and concentration.
Control of the body and mind through posture and breathing techniques.

COMBAT

WEDNESDAYS

6.30 – 7.30 pm

Combining body conditioning and combat techniques for a total body workout. Simple to follow, challenging workout.
Leaving you feeling fighting fit!

AEROBICS

THURSDAYS

7.00 – 8.00 pm

A whole body workout including cardio and floor work.

ALL CLASSES COST £3.50 EACH