

STUDIO 4 TIMETABLE

*Not included in Gold Membership

	TIME	ACTIVITY	INSTRUCTOR
TUES	10:30 - 11:15	Fit Ball	Leanne
	11:30 - 12:15	Seated Pilates	Leanne
WEDS	10:30 - 11:15	Seated Yoga	Andrew
THURS	09:35 - 10:45	Postnatal and Baby Yoga*	Samantha
	11:00 - 11:45	Mum and Active Baby*	Samantha
	19:30 - 20:30	Pregnancy Yoga*	Samantha

HIRE OUR SPACES

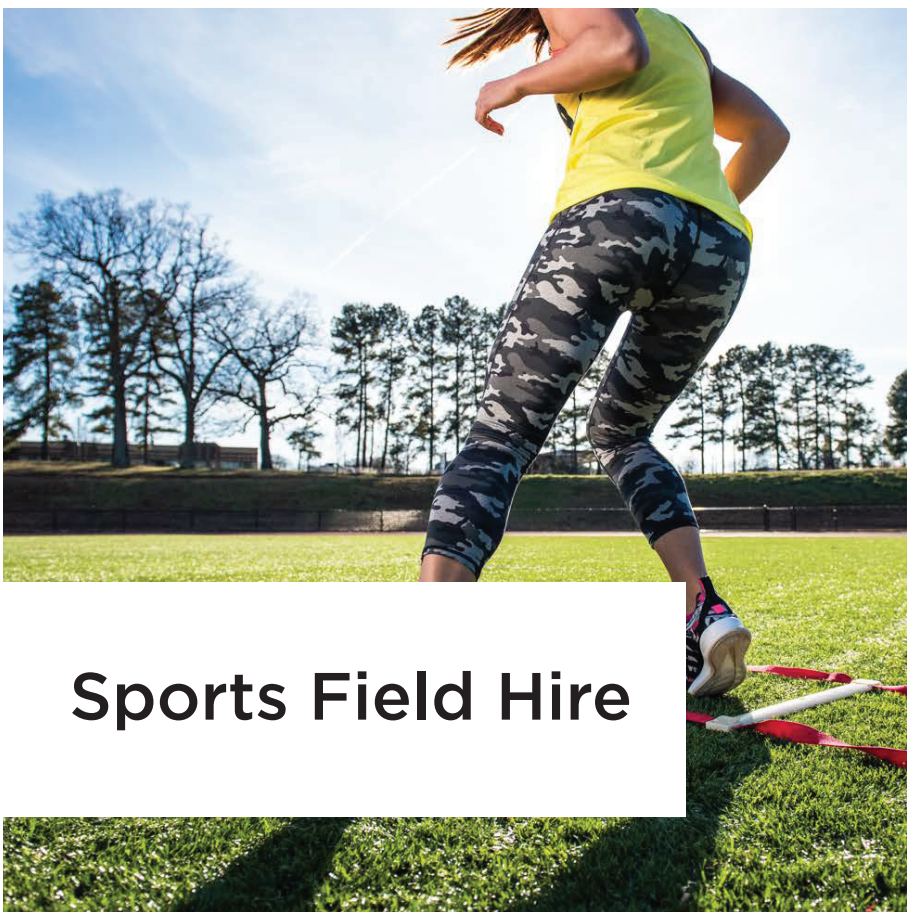
Would you like a new home for your club or group?



Studio Hire



Astro Hire



Sports Field Hire



Sports Hall Hire



Swimming Pool Lane Hire

Regular block bookings receive:

- Announcement to members via our website & social media
- Ongoing in-house advertising which will be seen by our 2000+ members
- Social media support including likes and shares of any posts you tag us in relating to your booking
- A mention in our printed Centre Guide 'Community Hub' page

*The option of further advertisement at a cost

To enquire, please contact Robyn:
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