

# STUDIO 4 TIMETABLE

\*Not included in Gold Membership

	TIME	ACTIVITY	INSTRUCTOR
<b>TUES</b>	10:30 - 11:15	Fit Ball	Natalie
<b>THURS</b>	09:35 - 10:45	Postnatal and Baby Yoga*	Samantha
	11:00 - 11:45	Mum and Active Baby*	Samantha

## HIRE OUR SPACES

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



Studio Hire



Sports Hall Hire



Astro Hire

### Regular block bookings receive:

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

\*The option of further advertisement at a cost

## TO ENQUIRE CONTACT

[sgolding@kingsfitness.co.uk](mailto:sgolding@kingsfitness.co.uk)

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