

STUDIO 4 TIMETABLE

*Not included in Gold Membership

	TIME	ACTIVITY	INSTRUCTOR
THURS	09:00 - 10:30	Postnatal and Baby Yoga*	Samantha
	11:00 - 12:00	Postnatal and Baby Yoga*	Samantha
	12:00 - 13:00	Postnatal and Baby Yoga*	Samantha

HIRE OUR SPACES

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



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

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