

# STUDIO 4 TIMETABLE

\*Not included in Gold Membership

	TIME	ACTIVITY	INSTRUCTOR
MON	13:15 - 15:15	Baby Massage	Margaret
THURS	09:00 - 10:30	Postnatal and Baby Yoga*	Samantha
	09:30 - 10:15	Zumba	Georgie
	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?



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 HIRE CONTACT

activities@kingsfitness.co.uk

SCAN TO VIEW  
MORE INFO  
ABOUT HIRE

