

BANK HOLIDAY MONDAY



08.00 - 15.00

Last admittance to the gym is 14.00.

See below for our class and pool programme.

Please book in advance online, over the phone or at reception.



FITNESS CLASSES

Prime Life	0845 - 0945	TBT's	0945 - 1045
Indoor cycling	1000 - 1100	Pilates	1045 - 1145

Thank you for your continued support and custom   