

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 Circuits 7 - 8pm 	Meet the Manager: Come and join us for a chat	4 Yoga 7 - 8pm	5 Members Gourmet Menu Tasting 	6 Half Price Guest Fee	7	8
9 Circuits 7 - 8pm	10 Aqua Aerobics 10.30 - 11.30am Abs 7 - 7.30pm	11 Yoga 7 - 8pm	Coffee Morning: in the Lounge 	13 Half Price Guest Fee	14	15
16 Circuits 7 - 8pm	Aqua Aerobics 10.30 - 11.30am Abs 7 - 7.30pm 	Workout Wednesday: Bring a friend with you to the club	19 Abs 10 - 10.30am	20 Half Price Guest Fee	21	22
23 Circuits 7 - 8pm	24 Aqua Aerobics 10.30 - 11.30am Abs 7 - 7.30pm	25 Yoga 7 - 8pm	26 Abs 10 - 10.30am	Have you bought your loved one a Spa Gift Voucher for Valentines Day yet? 	Open Weekend: Bring your friends along 	Open Weekend: Bring your friends along
30 Circuits 7 - 8pm	31 Aqua Aerobics 10.30 - 11.30am Abs 7 - 7.30pm					

Pick up a free Personal Training session today worth £25

Terms & conditions apply. See in Club for more details.

