

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|---|--|
| | | | | | | 1 |
| 2  | Meet the Manager: Come and join us for a chat | 4 | 5 | 6  | Saturday Morning Running Club - Run your Xmas trainers in! - 9am | 8 |
| 9 | 10 | 11  | Coffee Morning: Meet your Leisure Club Manager | The Friday Night Gathering! Meet the Team  | | 15 |
| Nutrition Evening 4pm - 8pm PT's talking about healthy eating  | 17  | Workout Wednesday: Bring a friend with you to the club | 19 New Member Evening | 20 | 21 Running Club - 9am | 22 |
| 23  | Members Half Price Spa Treatment Day! | 25 | 26 Members Candle Light Swim (bring a friend)  | 27 Members Quiz Curry Night! | Open Weekend: Bring your friends along  | Open Weekend: Bring your friends along |
| 30 | 31 | | | | | |

Pick up a free Personal Training session today worth £25

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

