

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
<p>Circuits 6.30 - 7.30pm</p> 	<p>Meet the Manager: Come and join us for a chat</p>	<p>Coffee Morning Aqua Aerobics Yoga</p>	5	6	7	8
<p>Pilates 9.30 - 10.30am 7.30 - 8.30pm Circuits 6.30 - 7.30pm</p>	10	<p>Coffee Morning Aqua Aerobics Yoga</p>	12	13	14	15
<p>Circuits 6.30 - 7.30pm</p>	17	<p>Workout Wednesday: Bring a friend with you to the club</p> 	19	20	21	22
<p>Pilates 9.30 - 10.30am 7.30 - 8.30pm Circuits 6.30 - 7.30pm</p>	24	<p>Coffee Morning Aqua Aerobics Yoga</p> 	26	<p>Have you bought your loved one a Spa Gift Voucher for Valentines Day yet?</p> 	<p>Open Weekend: Bring your friends along</p> 	<p>Open Weekend: Bring your friends along</p>
<p>Circuits 6.30 - 7.30pm</p>	31					

# Pick up a free Personal Training session today worth £25

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

