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Please remember to bring a towel and water.

Please wipe down all equipment before and after use.



Group fitness timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00AM					
9:00AM		Strength for life		Strength for life	Golden Oldies
10:00AM		Strength for life		Strength for life	
11:15AM	Aqua fitness		Golden Oldies		
6:00PM		Aqua HIIT			
6:30PM		Body Pump		Body Pump	