



CLASS TIMETABLE

Monday

Yoga: 10:00-11:30

Tuesday

Pilates: 11:00 -12:00

Aqua: 12:00-12:45

Wednesday

Yoga: 12:30-13:30

Thursday

Circuits: 18:00-19:00

Friday

Zumba 10:45-11:45

Aqua: 12:00-12:45

No classes available on bank holidays

All classes must be pre-booked

For more information call: 01274 406604 or ask in the Bradford club