

# Sports Programme



From	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:15 - 10:00	Circuit training	Circuit training		Circuit training	Circuit training		
09:15 - 10:00		Spinning	Spinning	Spinning			
10:15 - 11:00		Aqua fit		Aqua Fit	Aqua Fit	Aqua Fit	
10:15 - 11:00	Spinning				Spinning		



All activities must be pre-booked 48 hours in advance to avoid disappointment.  
 Number of participants limited to maximum 8 only, due to restrictions.  
 Covid certificates or Covid negative must be presented.  
 This programme may be subject to change without prior warning.

