

Sports Programme



From	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:15 -10:00	Spinning	Aqua	Spinning	Aqua	Spinning		
10:30 - 11:15	Circuit training	Circuit training		Circuit training	Circuit training		

All activities must be pre-booked 48hours in advance to avoid disappointment.
Number of participants limited to maximum 6 only, due to restrictions.
This programme may be subject to change without prior warning.

