

Respiration

Monday

19.00-20.00hrs - Pump & Tone
19.00-20.00hrs – Circuit Training
20.00-21.00hrs – Pilates

Wednesday

18.30-19.30hrs – Pump & Tone
19.00-20.00hrs - Circuit Training
19.30-20.30hrs – Pilates

First Class FREE

Each class costs just £4.75
Attend two classes a week for £8.00
Unlimited Fitness Classes for £23.50 per month, or
£15.00 per month for students