

Women's Week timetable

	7-8	8-9	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	9-10
Mon		Ladies Spin			Zumba				Ladies Swim Lane						
Tue	Ladies fitness						Ladies Gym Hour								
Wed		Ladies Spin									Badminton	Ladies Fitness			
Thu			Cake and Bake Sale			Body Conditioning.	Ladies Gym Hour		Ladies Swim Lane						
Fri		Ladies Spin						Badminton				LADIES NIGHT.			
Sat					Netball Session										
Sun															

Each session will cost £2. Any donations will be greatly appreciated and will towards charity. For more information please see our reception team or contact us on 01747 834 013.

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7th – 13th March '16

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