

Group Fitness Timetable

	Time	Class
Tuesday	09.30 - 11.30	50+ Club Including: Table Tennis, Carpet Bowls, Swimming
	10.00 - 11.00	Aqua
	18.00 - 19.00	Aqua
	18.30 - 19.30	Fat Burner
	19.30 - 20.00	Fab Abs
Wednesday	19.30 - 20.30	Pilates
Thursday	13.00 - 14.00	Line Dancing
Friday	10.30 - 11.30	Aqua
Saturday	09.30 - 10.30	Balance & Stretch Yoga

For further information please feel free to contact Wavelengths Leisure Centre and Library reception on 020 8694 9400

Why not book your group exercise class online
www.leisurecentre.com

If you print out your ticket for the class you will then be able to avoid the queues at reception

