

Group Fitness Timetable

Crook Log	Bums & Tums	Monday	20.30-21.15
Erith	Body Pump	Saturday	11.00-12.00
Fairfield	Ab's Circuit	Friday	19.30-20.30
Sidcup	Body Combat	Monday	10.30-11.30

Classes free to everyone in January 2011!

Happy New Year!
Free to everyone in January 2011

Crook Log Leisure Centre - 020 8304 9090 Fairfield Pool & Leisure Centre - 01322 22 44 00
Erith Leisure Centre - 01322 350 271 Sidcup Leisure Centre - 020 8302 0556

