



PALACE
HEALTH CLUB

Exercise Class Timetable 2018

MONDAY

PILATES

9:15am - 10:15am
The Palace

PILATES

10:15am - 11:15am
The Palace

AQUACISE

11:15am - 11:45am
Pool

AQUACISE

11:45am - 12:15pm
Pool

TUESDAY

No classes

WEDNESDAY

AQUACISE

11:30am - 12:00pm
Pool

AQUACISE

12:00pm - 12:30pm
Pool

THURSDAY

PILATES

9:30am - 10:30am
The Palace

FRIDAY

AQUACISE

11:30am - 12:00pm
Pool

AQUACISE

12:00pm - 12:30pm
Pool

All classes are FREE to Palace Health Club Members | Non-Members: £5 per class

Classes, venues and instructors may be subject to change.
The pool will remain open during classes. Booking is essential.

To book call **682741** or visit the **Palace Health Club Reception**



/PalaceHealthClub