



**PALACE**  
HEALTH CLUB

# Exercise Class Timetable 2019

## MONDAY

### PILATES

9:15am - 10:15am  
*The Palace*

### PILATES

10:15am - 11:15am  
*The Palace*

### AQUACISE

11:00am - 11:30am  
*Pool*

### AQUACISE

11:30am - 12:00pm  
*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 Aquacise class | £6 per Pilates 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