



PALACE HEALTH CLUB

Exercise Class Timetable

MONDAY			
PILATES 9.30am – 10.30am The Palace	PILATES 10.30am – 11.30am The Palace	AQUACISE 11.30am – 12.00pm Pool	AQUACISE 12.00pm – 12.30pm Pool
TUESDAY			
<i>No Classes</i>			
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.

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

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



/PalaceHealthClub