



PALACE HEALTH CLUB

Aquacise Class Timetable

MONDAY	
AQUACISE 11.30am - 12.00pm Pool	AQUACISE 12.00pm - 12.30pm Pool
WEDNESDAY	
AQUACISE 11.30am - 12.00pm Pool	AQUACISE 12.00pm - 12.30pm Pool
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 be **closed** to non-participants during classes.
To avoid disappointment, booking is essential.

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



/PalaceHealthClub