

**TUESDAY**

**YOGA**

7.30pm – 8.30pm

LANCASTER HALL

**£7.00**

**WEDNESDAY**

**FIGHT CLUB**

9.20am – 10.30am

SEND CHURCH  
ROOMS

**£30.00 EARLY BIRD**  
(6 WEEK COURSE)

TERM TIME ONLY

**THURSDAY**

**FRIDAY**

**YOGA**

9.45am - 10.45am

LANCASTER HALL

**£7.00**

TERM TIME ONLY

**SATURDAY**

**FIGHT CLUB**

7.45am - 8.45pm

SEND CHURCH  
ROOMS

**£30.00 EARLY BIRD**  
(6 WEEK COURSE)

**POWER HOUR**

9.00am - 10.00pm

SEND CHURCH  
ROOMS

**£7.00**

**BEACH FIT  
CIRCUITS**

(6 WEEK COURSE)

STARTS JUNE

**SKI-FIT WINTER  
WORKOUT**

(6 WEEK COURSE)

STARTS JANUARY