

FITNESS CLASS TIMETABLE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SGPT Vicky Vance 8:30am		SGPT Vicky Vance 9:30am	SGPT Vicky Vance 9:30am	SGPT Vicky Vance 9:30am	LBT Vicky Vance 9:30am
SGPT Vicky Vance 9:30am		SGPT Vicky Vance 1:30pm	SGPT Vicky Vance 10:30am	STRETCH & MOBILITY Vicky Vance 10:30am	SGPT Vicky Vance 10:30am
			CIRCUITS Vicky Vance 11:30am		
		FULL BODY STRENGTH Vicky Vance 5pm	PILATES Anita Hook 4pm	YOGA Betsy Campbell 6pm	
		SGPT Vicky Vance 6pm	PILATES Anita Hook 5pm	LINE DANCING Betsy Campbell 7:15pm	
		YOGA FOR MEN Betsy Campbell 7:30pm		SGPT Vicky Vance 7:30pm	



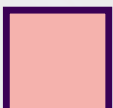
Contact Vicky Vance
on 07938813512



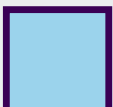
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