## FITNESS CLASS TIMETABLE

SUNDAY SGPT 8:30am SGPT **Vicky Vance** 9:30am **Contact Vicky Vance** on 07938813512

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Vicky Vance** 

**Book at** 

(charges apply)

(FREE for Silver, Gold

& Platinum members)

betterbodyclub.co.uk

Book at lostclub.co.uk

SGPT **Vicky Vance** 9:30am

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**SGPT Vicky Vance** 9:30am

**LBT Vicky Vance** 9:30am

SGPT **Vicky Vance** 10:30am

SGPT **Vicky Vance** 10:30am

SGPT **Vicky Vance** 10:30am

SGPT **Vicky Vance** 1:30pm

**CIRCUITS Vicky Vance** 11:30am

YOGA FOR MEN **Betsy Campbell** 7:30pm

**PILATES Anita Hook** 5pm

YOGA **Betsy Campbell** 6pm

FULL BODY STRENGTH **Vicky Vance** 5pm

LINE DANCING **Betsy Campbell** 7:15pm

SGPT **Vicky Vance** 6:15pm

SGPT **Vicky Vance** 7:30pm

**Contact Betsy** connect@yogawithbetsy.co.uk Book at lostclub.co.uk

LEE ON THE SOLENT TENNIS, SQUASH & FITNESS CLUB

41-47 MANOR WAY, PO13 9JQ 02392550381