



PARK HALL HEALTH CLUB & SPA

Group Exercise Timetable

Monday	Boot Camp 10.30am - 11.15am (Jacob)	Pilates 18.45pm - 19.45pm (Trish)
Tuesday	Zumba Tone 18.00pm - 19.00pm (Tina)	Zumba 19.00pm - 20.00pm (Tina)
Wednesday	LBT 9.30am - 10.15am (Shirika)	Power Hoop 18.30pm - 19.15pm (Phill)
Thursday	Strong Nation 18.30pm - 19.15pm (Phill)	
Saturday	Yoga 12.00pm - 13.00pm (Trish)	

Booking is required, all classes can be booked a maximum of 7 day's in advance.

Book Now by contacting the Health Club Reception.

T: 01902 349 531

E: info@parkhallhealthclub.co.uk