

fitness

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BROUGHTON and BROOKLANDS

Express Fit	Monday	0930- 1000	Brooklands
Pure Stretch	Monday	1100- 1200	Broughton
Pilates	Tuesday	1100- 1200	Brooklands
Pilates	Wednesday	1000- 1100	Broughton
Pre-natal Pilates	Wednesday	1100- 1200	Broughton
Circuits	Wednesday	0930- 1030	Brooklands
Body Tone	Thursday	1330- 1430	Brooklands

Week Commencing 3rd
October

£5 for non-members

£4.50 for 1Life Members

let's go!

