



LYGON

SPA



FITNESS
—TIMETABLE—

LYGON

SPA

FITNESS

— TIMETABLE —



MONDAY

9:15 - 10:15am

PILATES
WITH SUE



10:30 - 11:15am

AQUAPILATES
/ **AQUAROBICS**
WITH SUE



5:15pm - 6:00pm

SPIN
WITH AMANDA

