



LYGON

SPA

FITNESS  
— TIMETABLE —

# 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**

