



LYGON

SPA



FITNESS

— TIMETABLE —

LYGON

SPA

FITNESS

— TIMETABLE —



MONDAY

9:15 - 10:15am
PILATES
WITH SUE



10:30 - 11:15am
**AQUAPILATES
/ AQUAROBICS**
WITH SUE



5:00 - 5:45pm
SPINNING
WITH AMANDA

