



LYGON

SPA



FITNESS
—TIMETABLE—

LYGON

SPA

FITNESS

— TIMETABLE —



MONDAY

9:15 - 10:15am

PILATES

WITH SUE



10:30 - 11:15am

AQUAPILATES
/ AQUAROBICS

WITH SUE



FRIDAY

9:15 - 10:15am

SEASONAL YOGA

WITH KATIE

