



LYGON

SPA



FITNESS
—TIMETABLE—

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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



FRIDAY

7:45 - 8:45am

SEASONAL YOGA
WITH KATIE

