



Binswood Hall Class Timetable

From March 2022

Time	Class	Instructor	Gym use allowed
MONDAY			
09:00 - 9.30	Pilates	Lee	No
09:30 - 10:00	Pilates	Lee	No
14:00 - 14:30	Young @ Heart	Lee	No
TUESDAY			
09:00 - 9.30	Yoga	Lee	No
14:00 - 14:30	Aqua Aerobics	Lee	Pool/ wet side - No
WEDNESDAY			
09:00 - 9.30	Pilates	lee	No
09:30 - 10:00	Pilates	Lee	No
10:00 - 10:30	Strictly Fun Dancing (The Outd'Audleys)	Lee	No
THURSDAY			
09:00 - 9.30	Yoga	Lee	No

Advance booking required and subject to availability. Book online via Smoothbook to use the gym, pool, and for classes.

Training Program – We offer as much or as little support as you need. All owners and members will receive an induction session on first visit which includes expert fitness advice.

Personal Training – It is so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you are focusing on the right exercises. A Personal Trainer will not just help your fitness, they will help you reach your goals so much faster and have fun while you are at it.
(Additional charges will apply)