



Willicombe Park Class Timetable

From March 2022

Time	Class	Instructor	Gym use allowed
MONDAY			
TUESDAY			
11:00 – 11.45	Aqua Fit	Maria	No
12.15 – 13.00	Aqua Fit	Maria	No
WEDNESDAY			
13:15 - 14:00	Yoga	Sumiko	No
THURSDAY			
11.00 – 11.45	Aqua Fit	Maria	No
12.15 – 13.00	Aqua Fit	Maria	No
13.30 – 14.15	Pilates	Maria	No
FRIDAY			
11.00 – 11.45	Chair Exercise	Sarah	No
SATURDAY			
SUNDAY			

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.