



Audley Club at Binswood Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	Pilates	Yoga	Pilates	Yoga	
9:30am	Pilates	Yoga	Pilates	Yoga	
10:00pm	Pilates		The Courtyard Workout		
2:00pm	Young @ Heart (Strictly Fun Dancing)	Aqua Aerobics			Young @ Heart (Strictly Fun Dancing)

Advance booking required and subject to availability.

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)