



Audley Club at Stanbridge Earls Class Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am					Aerobics		
10:00am							
10:30am	Chair fitness						
11:00am		Stretch (Virtual)				Owners family swim	
12:00pm	Owners only swim		Owners only swim		Owners only swim		
2:00pm		Owners family swim		Owners family swim	POOL SHUT - CLEANING		Owners only swim

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)