



Audley Club Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NHS	8:00am to 12:30pm				8:00am to 12:30pm		
Aqua Fit		11:00am to 11:45am 12:15pm to 13:00pm		11:00am to 11:45am 12:15pm to 13:00pm	1:00pm to 1:45pm		
Yoga			14:15pm to 15:00pm				
Pilates				13:30pm to 14:15pm			
Chair Based Exercise							

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)