



**OPEN
24/7**

COVID TRADING CONDITIONS: WASH YOUR HANDS REGULARLY CLEAN EQUIPMENT BEFORE AND AFTER USE. IF YOU ARE SICK STAY HOME.

STAFFED HOURS: MONDAY TO FRIDAY 7.30AM TO 8 PM
SATURDAY 7 AM TO 4 PM
SUNDAY 8 AM TO 12 PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00 AM							9.00 am
9.30 AM				YOGA..			10AM
10.30 AM		AQUA		AQUA		AQUA	11AM
4.30 PM							
5.30 PM					 	Effective 8 th September	
6.30 PM	YOGA						