



Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday
7.45am DH Hydrotherapy		7.45am DH Hydrotherapy		7.45am DH Hydrotherapy
10.30am FM 40 Minutes Session Group Exercise	10.30am SLN 40 Minutes Session Group Exercise	10.30am FM 40 Minutes Session Group Exercise	12.30am SLN 40 Minutes Session Group Exercise	
	11.00am DH Hydrotherapy		11.00am DH Hydrotherapy	

Please call 7009 4422 to book all exercise classes

Practitioners

FM - Fadi Morgos

SLN - Stefan Le Norodom

DH - Duncan Haskard