

FITNESS CLASSES

MONDAY

- Yoga - 9:30am - 90 mins - £8
- Over 40's Karate -5-6pm - £8
- Bootcamp - 6:30pm - 60 mins - £5

TUESDAY

- Boxercise Blast - 8:00am - 30 mins - £5
- Yoga - 9:30am - 90 mins - £8
- Aqua aerobics - 9:30am - 60 mins - £5
- Natural Form -6pm- 60mins- £10

WEDNESDAY

- Pilates 9:30am - 60 mins - £6
- Legs, Bums & Tums - 5:00pm - 60 mins - £5

TO BOOK CONTACT...

matthew@unastives.co.uk
01736 257 000

UNA
LEISURE

FITNESS CLASSES

THURSDAY

- Boexercise Blast - 8:00am - 30 mins - £5
- Aqua Aerobics - 9:30am - 60mins - £5
- Natural Form -9:30am- 60mins- £10
- Over 40's Karate -6-7pm - £8

FRIDAY

- Pilates 9:30am - 60 mins - £6
- Yoga - 5:30pm - 60 mins - £6

SATURDAY

- Natural Form -9:30am- 60mins- £10

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