

Una Leisure

CLASS TIMETABLE

Monday

YOGA

9.30am | 90mins
£8.00

BODY BLAST CIRCUITS

6.30pm | 60mins
£5.00

Tuesday

HIIT

High Intensity
Interval Training
8.00am | 30mins
£5.00

AQUA AEROBICS

9.30am | 60mins
£5.00

Wednesday

PILATES

9.30am | 60mins
£6.00

LEGS, BUMS & TUMS

6.30pm | 60mins
£5.00

Thursday

HIIT

High Intensity
Interval Training
8.00am | 30mins
£5.00

AQUA AEROBICS

9.30am | 60mins
£5.00

Add a swim for £5

