

FITNESS CLASSES

MONDAY

- Yoga - 9:30am - 90mins - £8
 - Bootcamp - 6:30pm - 60mins - £5
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TUESDAY

- Boxercise blast 8:00am - 30mins - £5
 - Yoga - 9:30am - 90mins - £8
 - Aqua aerobics - 9:30am - 60mins - £5
 - Teen yoga 5:15 - 30 mins
 - Foundation Training 6pm - 60mins - £10
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WEDNESDAY

- Pilates - 9:30am - 60mins - £6
- Move it or lose it! 10:45am - 50mins - £4
- Dance Fitness - DDMIX - 11:45am - 60mins - £5
- Legs, Bums & Tums - 5:00pm - 60mins - £5

TO BOOK CONTACT...

matthew@unastives.co.uk
01736 257 000

The logo for UNA Leisure, featuring a stylized 'i' icon to the left of the text 'UNA' in a large, bold, sans-serif font, with 'LEISURE' in a smaller, spaced-out font below it.

UNA
LEISURE

FITNESS CLASSES

THURSDAY

- Boxercise blast- 8:00am - 30mins - £5
 - Yoga - 9:30am - 90mins - £8
 - Aqua aerobics - 9:30am - 60mins - £5
 - Children's yoga - 4:00pm - 30mins - £3
 - Children's yoga - 4:30pm - 30mins - £3
 - Over 40's Karate - 6:00pm - 60mins - £8
 - Go SUP - 7:00pm - 60mins - £10
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FRIDAY

- Pilates - 9:30am - 60mins - £6
-

SATURDAY

- Foundation training - 10:00am - 60mins - £10

TO BOOK CONTACT...

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The logo for UNA Leisure features a stylized icon of a person with arms raised, composed of three horizontal bars, positioned to the left of the text 'UNA' in a large, bold, sans-serif font. Below 'UNA' is the word 'LEISURE' in a smaller, all-caps, sans-serif font.

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