

TUESDAY

YOGA

7.30pm – 8.30pm

LANCASTER HALL

£6.00

WEDNESDAY

FIGHT CLUB

9.20am – 10.30am

SEND CHURCH
ROOMS

£30.00

(6 WEEK COURSE)

TERM TIME ONLY

**KEEP FIT
TOGETHER**

10.30am - 11.30am

SEND CHURCH
ROOMS

£5.00

TERM TIME ONLY

THURSDAY

**SDP RUNNING &
WALKING CLUB**

7.30pm - 8.30pm

SEND SHOPS

FREE

FRIDAY

YOGA

9.45am - 10.45am

LANCASTER HALL

£6.00

TERM TIME ONLY

SATURDAY

FIGHT CLUB

7.45am - 8.45pm

SEND CHURCH
ROOMS

£30.00

(6 WEEK COURSE)

POWER HOUR

9.00am - 10.00pm

SEND CHURCH
ROOMS

£6.00

**BEACH FIT
CIRCUITS**

(6 WEEK COURSE)

STARTS JUNE

**SKI-FIT WINTER
WORKOUT**

(6 WEEK COURSE)

STARTS JANUARY

SUNDAY

**SPD RUNNING &
WALKING CLUB**

9.00am – 10.00am

SUNSHINE CLINIC

FREE