

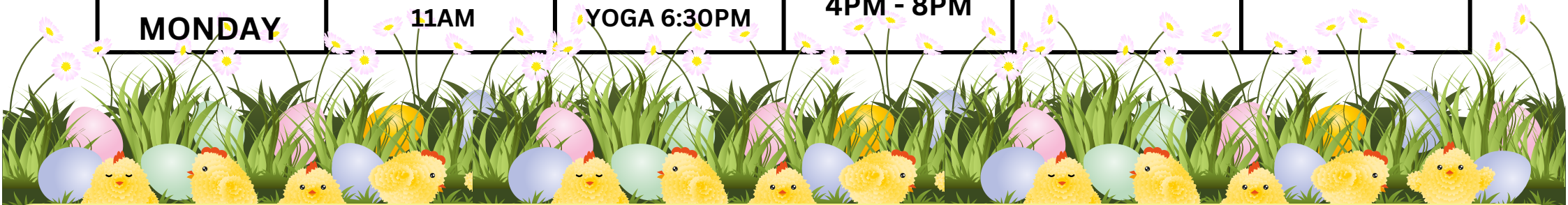


EASTER 2023

OPENING HOURS AND CLASSES



	MORNING CLASSES	EVENING CLASSES	GYM/COURTS	BAR	WILD LEMONGRASS
GOOD FRIDAY	GRIT CAMP 9AM STEP AND PUMP 10AM HEALTHY HEARTS 11AM	SPIN 5:30 RACKETBALL CLUB NIGHT FROM 4:40PM	9AM - 1PM 4PM - 9PM	4PM - 10PM	4:30PM - 9PM
EASTER SATURDAY	GRIT CAMP 8AM SPIN 9AM CIRCUITS 9:45AM JUNIOR SQUASH AS NORMAL		8AM - 1:30PM 4PM - 8PM	4PM - 9PM	4:30PM - 9PM
EASTER SUNDAY	SPIN AND SQUAT 9:50AM	SQUASH CLUB NIGHT FROM 4:40PM	9AM - 1PM 4PM - 8PM	4PM - 8PM	4:30PM - 9PM
BANK HOLIDAY MONDAY	GRIT CAMP 9AM HEALTHY HEARTS 11AM	SPIN 5:30PM AEROBICS 6PM YOGA 6:30PM	9AM - 1PM 4PM - 8PM	4PM - 8PM	4:30PM - 9PM



JUNIOR SQUASH CAMPS: APRIL 4TH, 6TH, 11TH, 12TH, 13TH 11AM -4PM