

THE LEMINGTON CENTRE GYM AND CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Keep Moving 1.30 - 2.30pm	Family Gym* 9.00am - 1pm	Yoga 9.30 - 11.30am	Family Gym* 5.00 - 7.00pm	Family Gym* 4.00 - 6.00pm	Family Gym* 11.00 - 1.00pm
Family Gym* 5.00 - 7.00pm	Dance Crew 5.30 - 6.30pm	Family Gym* 5.00 - 7.00pm	Karate (5-16yrs) 5.15 - 6.15pm		Karate 11.30 - 12.30pm
Zumba 5.15 - 6.15pm	Dance Crew 6.30 - 7.30pm		Karate (16+) 6.15 - 7.15pm		
Sweat Box 6.15 - 7.15pm					

Opening Times

Monday - Thursday: 8am - 7.30pm

Friday: 8am - 6pm

Saturday: 9am - 1pm

Gym inductions available Monday to Saturday. Please speak to a member of the team for more information.

*Gym open to general public as usual during the Family Gym times.

Gym - £2.50
Classes - individually priced; please speak to reception
Monthly gym membership - £15

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