

WOODGREEN

LEISURE CENTRE

OPEN DAY

Saturday 29 January
Includes classes and gym

08:45-09:45 Yoga

09:00-09:45 Indoor Cycling

10:00-10:30 Indoor Cycling

11:00-12:00 Zumba

12:00-13:00 Yoga and Sound Bath Meditation

12:30-14:30 Indoor Bowls Taster Session

13:15-14:00 Body Conditioning

Booking for classes essential.
Phone 01295 262 742

LeisureCentre.com