

**SLT&SC**  
**OUTDOOR GYM CLASSES**  
**AUGUST 2020**  
**With Lola**

**Monday's 10:15 – 11:15**

**Circuit Training**

Gym members only

**Monday's 18:15 – 19:15**

**50/50 Circuits**

Gym members only

**Tuesday's 10:15 – 11:15**

**Body Conditioning**

Free for gym members, £2 for rackets members

**Wednesday's 18:15 – 19:15**

**Cardio Blast**

Gym members only

**Thursday's 10:15 – 11:15**

**50/50 Circuits**

Gym members only

**Saturday's 9:30 – 10:30**

**Circuit Training**

Gym members only