



LYGON

SPA



FITNESS  
— TIMETABLE —

**LYGON**

SPA

# FITNESS

— TIMETABLE —



MONDAY

16:30 - 17:15  
**SPINNING**  
WITH AMANDA

TUESDAY

10:30 - 11:30  
**YOGA**  
WITH DEBBIE

WEDNESDAY

10:00 - 11:00  
**CIRCUITS**  
WITH JAE

SATURDAY

08:30 - 09:30  
**YOGA**  
WITH KATE

