ROMANS
HEALTH & LEISURE SPA

DAY	TIME	CLASS
Monday	09:30 – 10:15	Body Conditioning
	10:30 – 11:15	Body Conditioning
	11:30 – 12:15	Dance Fit
	18:30 – 19:30	Total Body Workout
Tuesday	09:00 – 09:45	Strength and Stretch
	10:00 – 10:30	Aqua Aerobics (Pool)
	10:40 – 11:10	Aqua Aerobics (Pool)
	17:45 – 18:15	Flex Plus
	18:30 – 19:15	Yoga
Wednesday	09:30 – 10:15	Music and Move
	10:30 – 11:15	Yoga
	11:30 – 12:15	Music and Move
	18:45 – 19:30	Body Tone
Thursday	10:30 – 11:15	Aqua Aerobics (Pool)
	17:45 – 18:30	Music and Move
	19:00 – 19:30	Aqua Aerobics
Friday	09:45 – 10:45	Body Conditioning
	18:30 – 19:15	Gym Circuits (Gym)

To book a class, please ask at Roman's reception or call us on 01455 237111.

Classes can be booked a week in advance and are: **FREE** to members, **£5** for non-members and **£7** for Aqua Aerobics.

All classes take place in the studio, **unless** stated above.