



LivingWell
HEALTH CLUBS

Personalised fitness for life

DAYS								
SUNDAY								
MONDAY			9:00-10:15 AM Yoga Asrat	11:00-11:45 AM Aqua Areobics Chan				
TUESDAY			9:00-10:15 AM Yoga Asrat					
WEDNESDAY			9:00-10:15 AM Yoga Asrat	11:00-11:45 AM Aqua Areobics Chan				
THURSDAY			9:00-10:15 AM Yoga Asrat					
FRIDAY			9:00-10:15 AM Yoga Asrat					
SATURDAY								

*Valid from: June 27th 2024