

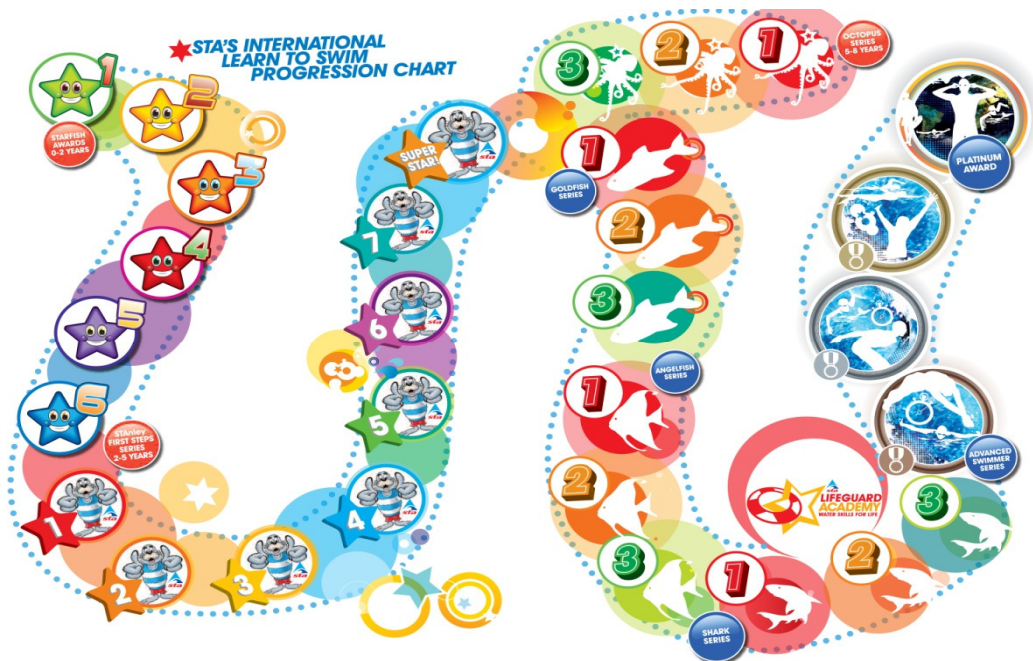
Introducing our new Swimming Lesson Programme!

Drumsheugh Baths Club will now be following the



International Learn to Swim Programme.

There are still spaces available for all levels. Please speak to a member of staff for more information.



Gym & Classes Timetable

	06.30 - 18.30			18.30 - 19.30	19.30 - 21.00
Monday				Circuit Class	
	06.30 - 11.30	11.30 - 12.45	12.45 - 18.30	18.30 - 19.30	19.30 - 21.00
Tuesday		Yoga		Body Core & Conditioning	
	06.30 - 18.30			18.30 - 19.30	19.30 - 21.00
Wednesday				Body Balance	
	06.30 - 18.30			18.30 - 19.30	19.30 - 21.00
Thursday				Yoga	
	06.30 - 10.15	10.15 - 11.00	11.15 - 12.00	12.00 - 21.00	
Friday		Pilates Beginner	Pilates Improvers		

	08.00 - 20.00	
Saturday		
	08.00 - 20.00	
Sunday		

- Members' Gym Time** Access to General Members (over 16's only)
- Exiting the Building** All Members are requested to have left the building by 21.15 (Mon-Fri) and 20.15 (Sat-Sun)
- Classes** Gym used Exclusively for classes. No access for gym

Upstairs Sauna

Females only Tuesday & Thursday	Males only Monday & Wednesday	Mixed Friday, Saturday & Sunday
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