



Join one of our classes!

Monday	11:30	MS Hydrotherapy
	2:00	Hip & Knee Hydrotherapy
	3:30	Strength & Balance Hydrotherapy
Tuesday	10:00	Hip & Knee Hydrotherapy
	11:00	Clinical Pilates
	2:30	MS Hydrotherapy
Wednesday	1:00	Aquatone
	5:00	Clinical Pilates
Thursday	9:30	MS Hydrotherapy
	1:30	MS Land
	3:30	MS Hydrotherapy
Friday	11:30	MS Land
	12:00	Parkinson's Hydrotherapy
	2:00	Ai Chi - Strength and Balance Hydro

Independent Exercise Groups

Tuesday	9:00	Independent Hydrotherapy
Wednesday	9:00	Independent Hydrotherapy
Thursday	12:30	Independent Hydrotherapy
	1:00	Independent Hydrotherapy

All classes £9 per session bookable monthly in advance

Call 01892 865989 to book your place