



# WATERGATE STUDIOS

personal training & fitness classes

## SWEAT SMALL GROUP WORKOUTS

### MON

05:30  
06:30  
  
09:30  
  
16:30  
  
18:00

### TUES

05:30  
06:30  
  
09:30  
  
13:00  
16:30  
18:00  
19:00

### WEDS

05:30  
06:30  
07:30  
09:30  
  
  
18:15

### THURS

05:30  
06:30  
  
09:30  
  
13:00  
  
18:00  
19:00

### FRI

05:30  
06:30  
08:30  
09:30

### SAT

07:30  
08:30  
09:30

### SUN

08:15



ALL sessions are approx. 45 minutes

[www.watergatestudios.co.uk](http://www.watergatestudios.co.uk)