

# WATERGATE STUDIOS

personal training & fitness classes

## STRENGTH SMALL GROUP WORKOUTS

### MON

05:30  
06:30  
07:30  
09:30  
  
13:30  
  
18:00  
19:00

### TUES

05:30  
06:30  
07:30  
09:30  
  
18:00  
19:00  
20:00

### WEDS

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

### THURS

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

### FRI

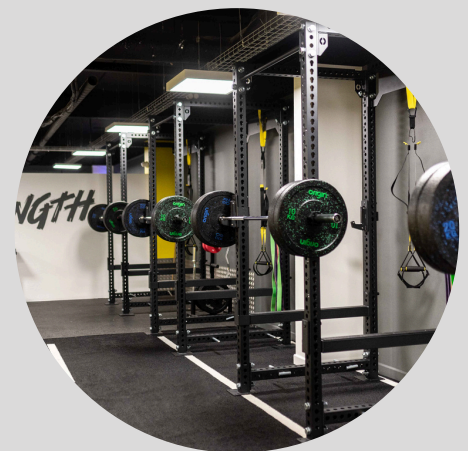
05:30  
06:30  
07:30  
09:30  
  
13:30  
  
17:30

### SAT

07:30  
08:30  
09:30

### SUN

08:15  
09:15



**ALL sessions are approx. 45 minutes**

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