



# WATERGATE STUDIOS

personal training & fitness classes

## SWEAT SMALL GROUP WORKOUTS

### MON

05:30

06:30

09:30

16:30

18:00

### FRI

05:30

06:30

08:30

09:30

16:30

### TUES

05:30

06:30

09:30

13:00

16:30

19:00

### SAT

07:30

08:30

09:30

### WEDS

05:30

06:30

07:30

09:30

18:00

### SUN

08:15



ALL sessions are approx. 45 minutes

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