



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

07:30

09:30

13:00

17:30

19:15

WEDS

05:30

06:30

09:30

18:00

THURS

05:30

06:30

09:30

13:00

18:00

19:00

FRI

05:30

06:30

08:30

09:30

18:30

SAT

07:30

08:30

09:30

SUN

08:15

09:15



ALL sessions are 45 minutes

www.watergatestudios.co.uk