



**AUCHRANNIE**  
LEISURE CLUB



# FITNESS CLASSES

members & residents **£3.00** / non members **£6.00** per session

## SUNDAY

circuits\* 7.00pm - 7.45pm (spa resort)

## MONDAY

morning fitness 9.00am - 9.45am (spa resort)

## TUESDAY

punch-fit\* 7.15pm - 8.00pm (spa resort)

## WEDNESDAY

hydrofit 10.30am - 11.15am (house hotel)

circuits\* 7.00pm - 7.45pm (spa resort)

## THURSDAY

body blitz\* 9.00am - 9.45am (spa resort)

## FRIDAY

hydrofit 10.30am - 11.15am (house hotel)

\*booking advisable



book online at [www.auchrannie.co.uk/bookfitness](http://www.auchrannie.co.uk/bookfitness) or visit leisure reception desk or call us on **01770 302234** (ext 4755)

pricing/timings may be subject to change without notice