



AUCHRANNIE
LEISURE CLUB



FITNESS CLASSES

members & residents **£3.50** / non members **£7.00** per session

SATURDAY

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

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 or visit
leisure reception desk or call us on **01770 302234** (ext **4755**)

pricing/timings may be subject to change without notice