

Wellness sessions - 12th to 16th June

MONDAY 12TH	TUESDAY 13TH	WEDNESDAY 14TH	THURSDAY 15TH	FRIDAY 16TH
CIRCUITS 7:15 - 7:45 Anytime Fitness	VIRTUAL SPIN 7:30 - 8:15 Anytime Fitness	VIRTUAL SPIN 7:30 - 8:15 Anytime Fitness	VIRTUAL SPIN 7:30 - 8:15 Anytime Fitness	VIRTUAL SPIN 7:30 - 8:15 Anytime Fitness
	CANDLE MAKING 11:30 - 12:30 Meeting Pod	POTTERY PAINTING 12:00 - 13:00 Café Meeting Room	PUPPY CUDDLES 10:00 - 14:55 (25 minute sessions) Barn	
HIIT 12:10 - 12:40 Anytime Fitness	CIRCUITS 12:10 - 12:40 Anytime Fitness	HIIT 12:10 - 12:40 Anytime Fitness	CIRCUITS 12:10 - 12:40 Anytime Fitness	YOGA 12:10 - 12:55 Anytime Fitness
	CHIRO SUMMIT Posture checks 12:00 - 15:00 (15 minute sessions) Anytime Fitness			MASSAGE 11:00 - 14:00 (25 minute sessions) Anytime Fitness
	CANDLE MAKING 13:30 - 14:30 Meeting Pod	POTTERY PAINTING 13:15 - 14:15 Café Meeting Room		
YOGA 17:30 - 18:10 Anytime Fitness		BODY SCAN 9:00 - 15:00 (15 minute sessions) Anytime Fitness		
PARK WIDE HIIT 18:00 - 18:30 Anytime Fitness				
YOGA 18:15 - 19:00 Anytime Fitness	SPIN 18:15 - 19:00 Anytime Fitness	SPIN 18:15 - 19:00 Anytime Fitness		
SPIN 18:15 - 19:10 Anytime Fitness	BOOTCAMP WITH FRANKIE 18:15 - 19:10 Anytime Fitness	ABS 18:30 - 19:00 Anytime Fitness	YOGA 18:15 - 19:00 Anytime Fitness	VIRTUAL SPIN 17:45 - 18:30 Anytime Fitness
ABS 19:00 - 19:30 Anytime Fitness	BOXERCISE 19:05 - 19:50 Anytime Fitness	BOXERCISE 19:05 - 19:50 Anytime Fitness	LADIES ZUMBA 19:00 - 20:00 Anytime Fitness	

To book your sessions please contact:

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Connect with us



croxleypark.com