



EVERYONE ABBHEY LEISURE CENTRE WOMEN'S ONLY GYM

DAY	TIME	ACTIVITY
MONDAY	10.00 - 21.00	HEALTH SUITES *HYDROTHERAPY POOL, AROMA, STEAM ROOM, SALT INHALATION ROOM, SAUNA, CRYSTAL STEAM ROOM, SPA
TUESDAY	09.30 - 10.15	ZUMBA GROUP EXERCISE
WEDNESDAY	21.00 - 22.00	WOMEN'S ONLY SWIM POOL *MALE LIFEGUARDS PRESENT
THURSDAY	09.30 - 10.15	BODY PUMP GROUP EXERCISE
SATURDAY	18.00 - 20.00	WOMEN'S ONLY SWIMMING
MONDAY - FRIDAY	06.30 - 22.00	WOMEN'S ONLY GYM
SATURDAY - SUNDAY	08.00 - 20.00	WOMEN'S ONLY GYM

For more information or to book please either speak to reception, call us on 020 3948 4960 or visit everyoneactive.com/AbbeyWomensGym