



WATERGATE STUDIOS

personal training & fitness classes

STRENGTH SMALL GROUP WORKOUTS

MON

05:30
06:30
07:30
09:30

13:30

18:00
19:00

TUES

05:30
06:30
07:30
09:30

18:00
19:00
20:00

WEDS

05:30
06:30

09:30

13:30
16:30

18:30
19:30

THURS

05:30
06:30

09:30

18:00
19:00

FRI

05:30
06:30
07:30
09:30

13:30

17:45

SAT

07:30
08:30
09:30

SUN

09:15



ALL sessions are approx. 45 minutes

www.watergatestudios.co.uk