



THE JUNCTION

PART OF YMCA BOURNEMOUTH



CUSTOMER NOTICE

BANK HOLIDAY MONDAY FITNESS CLASSES

Bank Holiday Monday - 26 August 2019

Circuits	9.30am - 10.30am	Tim Offer
Body Pump Express	5.30pm - 6.15pm	Rikki Walden
Indoor Cycling	6.15pm - 6.55pm	Carolyn Daly
Abs & Core	6.20pm - 6.50pm	Rikki Walden
Indoor Cycling	7.00pm - 7.40pm	Carolyn Daly
Circuits	7.00pm - 8.00pm	Rikki Walden

Nick Gillespie (Operations Manager)

