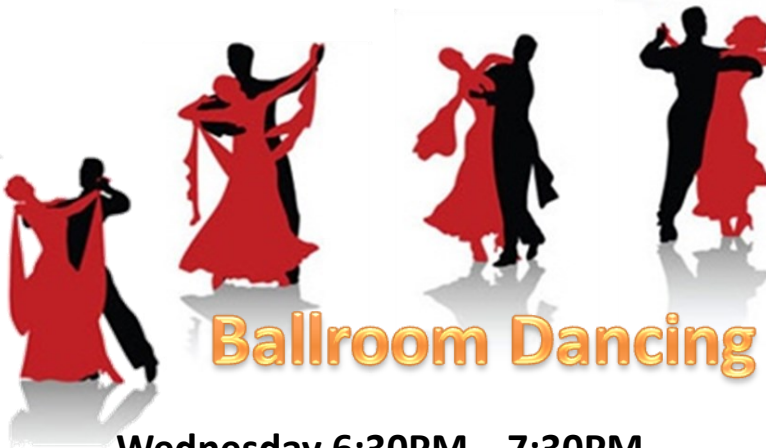




LONDON BEACH COUNTRY HOTEL

SPA & HEALTH CLUB

Classes at the London Beach



Ballroom Dancing

Wednesday 6:30PM—7:30PM
Thursday 7:00PM—8:00PM



Tai Chi

Tuesday 10:30AM—11:30AM



Pilates

Monday 7:00PM—8:00PM
Wednesday 9:30AM—10:30AM



Aqua Aerobics

Wednesday 6:30PM—7:30PM
Thursday 9:30AM—10:30AM



Friday 9:30AM—10:30AM

Latin & Ballroom Amble Exercise Class

Thursday 8:30AM—9:15AM

Tel: 01580 767611
healthclub@londonbeach.com



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