

# CUSTOMER NOTICE

Please find below the following class changes/ cancellations. We are really sorry for any inconvenience. If you have any further questions, please contact reception on 02393 200342.

## Saturday 11 November

**Triathlon Spin** has been moved to 08.00 in the studio and will be a one hour session.

## Wednesday 15 November

**Spin**, 17.45 - 18.30, has been cancelled. However, there is a Spin class available at Mountbatten at 17.30 - 18.00. To book your space please call 02393 200401.

**Insanity**, 18.45 - 19.30, has been cancelled, however on Friday 17 November there is an Insanity class available at Mountbatten 18.00 - 18.55. To book your space please call 02393 200401.

## Saturday 18 November

**Triathlon Spin** has been moved to 08:00, in the studio and will be a one hour session.

**Bodycombat**, 10.00 - 11.00, has been cancelled. Alternatively, at Mountbatten, Body Combat is on 09.00 – 09.55. To book your space please call 02393 200401.

**Pilates**, 11.00 - 12.00, has been cancelled but there is a class on Monday 20 November 19.00 - 20.00 at Pyramids.

**We apologise for any inconvenience caused.**