



*Nothing but the best...*

Stay fit and active with one of these workouts. Complete 3 a week.

*9:00am - Joe Wicks*



*11:30am - Oti Mabuse Dance Class*



*1:30pm - Darcy Bussell Dance Class*



*Daily workouts with Mark Wright Fitness*



*Daily Dance Strictly lessons with Dianne Baswell*



*Family Friendly workouts with Ryan Thomas and Lucy Mecklenburgh @rwl*



*Daily English National Ballet Classes*

