



Bums, Legs & Tums

Thursday 1230 - 1315

This class is designed to tone and strengthen all over your core and legs, in an action packed 45 minute session. If you want to work on these areas, whilst having fun and listening to lots of upbeat dance tunes, then come along and give it a go!

For more information please contact the Cash Desk on 0131-621 8303.