

# CLUB 60

## SPORT & FITNESS SESSIONS

### HAMMERSMITH & FULHAM

LOCATION	DAY	SESSION	TIME
Lillie Road Fitness Centre	Monday	Yoga Tea & Coffee	2:25-3:15pm 3:15-4:15pm
Phoenix Fitness Centre	Monday	Table Tennis Tea & Coffee	9.30am-11.00am
Phoenix Fitness Centre	Tuesday	Water Workout Tea & Coffee	10:00-10:45am 11:00am-12noon
Lillie Road Fitness Centre	Thursday	Gym	11:00am-12noon
Hammersmith Fitness and Squash Centre	Thursday	Gym	2:00-3:00pm
Lillie Road Fitness Centre	Friday	Table Tennis Tea & Coffee	2.00pm-3.30pm
Phoenix Fitness Centre	Friday	Gym	10:00-11:00am

#### Telephone Numbers

Hammersmith Fitness & Squash Centre - 020 8741 8028

Lillie Road Fitness Centre - 020 7381 2183

Phoenix Fitness Centre - 020 8735 4900

Each session costs £3 which includes a cup of tea or coffee and a biscuit.

A monthly membership costs £19.95 which entitles you to attend the gym, swimming and as many fitness sessions as you like.