

latest info...



# Bank Holiday workout classes

Monday 25<sup>th</sup> May

10.15 - 11.15am BodyPump

10.30 – 11.15am X-Biking

11.30 – 12.30pm Pilates

lifestyles @ saxon

Saxon Pool and Leisure Centre  
Saxon Drive, Biggleswade, Beds SG18 8SU

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[www.lifestylesatmidbeds.co.uk](http://www.lifestylesatmidbeds.co.uk)

...enjoy your health!