



GYM MEMBERSHIP

Monthly Membership - £40
Daily member - £5 per session
7 day pass - £17.50

Please note any monthly member wishing to pay by direct debit the monthly membership subscription will **continue to be £35 per month**

CIRCUITS

Per Session Non Members - £4
Per Session Members - £2

Circuits are on a Monday - Wednesday 18.00 and 19.30 and Friday 18.00

NEW HIIT 30-TUESDAY and THURSDAYS

starts first Tuesday of December 18.00, 19.00 and 20.00 £3 a class

The Phys Mill is now offering a circuit only subscription: £40 for the month - attend as many classes as you like during the month - Direct Debit payment

