



It's another month with another Bank Holiday!

Here is our early May Bank Holiday Opening Hours. We will also be running a reduced class timetable on this day. Please check Teamup

Bank Holiday Monday 9-12

Left your water bottle in the gym or studio? Can't find your favorite jumper? Please come and look in the lost property box upstairs in the gym. All lost property will be disposed off at the end of the month

Have you used our new Plyo Jump Box in the gym? There are lots of different exercises you can do with it. Please check out our social media or speak to a member of staff.



MAY HALF TERM DANCE CLASS

TUESDAY 31ST MAY
1:30PM-3PM



AGES 5-14 WELCOME
LIMITED SPACES AVAILABLE



£10 PER CHILD

CONTACT US TO SECURE A SPACE!

EMAIL- GIRLSALLOWEDGYMS@YAHOO.COM

01708606112

@GIRLSALLOWEDGYM

Don't Forget to book your children on to the May Half Term Dance Class and let their friends know!

Use the time for a gym workout or a rest and a coffee in JJ's while the children are learning a new dance routine!

Thursday 26th May we have our next social night. We will be meeting at the gym at 6pm where we will walk to The Optimist for a wine or soft drink, then we walk to The Windmill for another wine or soft drink. You can then either walk back to the gym or stay at The Windmill and stagger or Uber home! Please book via Teamup by Monday 23rd May so we know numbers.



We are really happy to announce that we will be working in partnership with Nikki SSSS to introduce a New Rehabilitation/Injury Clinic at Girls Allowed on a Saturday. You will receive a free consultation and posterior examination before your session. If needed you will also receive a personalised rehabilitation program to use in the gym.

Thank you to all the members who have been introducing their friends and family to the gym with their Free 5 Day Gym Pass