



The Holborn Health & Fitness Club

Club Opening Hours

Monday – Friday: 6:30am – 10:00pm
Saturday: 7:00am – 10:00pm
Sunday: 8:00am – 9:00pm

Classes (Pool closes at 5:30pm and re-opens at 7:45pm on these days).

Pilates: Monday 6.30pm – 7:30pm
Yoga: Thursday 6:30pm – 7:30pm

Children's Hours

Monday – Thursday: 10:00am – 12:00pm, 2:00pm – 4:00pm, 8:00pm – Close
Friday: 10:00am – 12:00pm, 2:00pm – Close
Saturday, Sunday, Bank Holiday: Unrestricted

Guest Fees

Day Visitor to the club	£20.00
Adult Guest of a member	£10.00
Children fee	£5.00

Beauty Therapy

The Ajala Spa offers a wide range of holistic and alternative therapies to provide the ultimate in health, beauty and relaxation. We sell a full range of products including Dermalogica, Caudalie, Ajala and OPI Nails. Members receive 10% discount off our wide selection of treatments; please contact the salon for a complete treatment and spa listing.

Personal Training & Fitness Testing

Members with gymnasium access are entitled to a complimentary induction and gymnasium programme. Fitness testing and personal training are also available. Please consult a personal trainer for further details and/or to book a fitness test or course.



GRANGE HOTELS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

PILATES

🕒 18:30 - 19:30

YOGA

🕒 18:30 - 19:30