



LDG

FITNESS CENTRE

FREE GYM OR CLASS PASS

THIS PASS ENTITLES THE BEARER TO ONE FREE GUEST PASS OR CLASS PASS AT LDG ROMFORD OR CHADWELL HEATH

Name: **LDG Fitness Centre Romford**

13 Bridge Close, Romford,
Essex, RM7 0AU

Address:.....

Opening Times

Mon - Friday 6:30am - 10:00pm
Saturday and Sundays 8am - 4pm

Phone:..... **LDG Fitness Centre Chadwell Heath**

891 High Road, Chadwell Heath,
Essex, RM6 4HR

Email:.....

Opening Times

Mon/Wed/Fri 6:30am - 10:00pm
Tues/Thurs 8:00am - 10:00pm
Sat 10:00am - 6:00pm - Sun 10:00am - 2:00pm

If referred by a member

Member's Name:..... **01708 740 011 / 020 8598 2300**

Email:..... **www.ldgfitnesscentre.com**

