

Dr R Kapur & Partner

**Live Well
&
Mental Health Event**

7th February 2025





MIXED GYM & LADIES ONLY GYM
@ THE PEEPUL CENTRE
Brand new group classes
(Yoga, Cardio Bhanga, ABS, Garba Aerobics)
Certified Male and Female Personal Trainers
Special discounts for
Students, Blue Card Holders & Corporates
Health Checks
Free Parking



MAKE YOURSELF PRIORITY

Neighbourhood
Mental Health
Cafés
Drop in support for
when you're struggling
to cope



NHS
Lichfield and Huddersfield

Peepul GYM
The Peepul Centre
Orchardson Avenue, Leicester, LE4 6DP
Email: enquiries@peepulenterprise.com
0116 261 6000

Peepul Gym MEMBERSHIP PRICES

DIRECT DEBIT

- 12 MONTHS BOLLING CONTRACT - £22.00 PM
- 12 MONTHS RAILING CONTRACT - £16.00 PM
- 12 MONTHS MISC. CORPORATE & 65+ - £6.00

LEAFROST MEMBERSHIP

- 1 MONTH - £30.00
- 3 MONTH STUDENT'S MISC. CORPORATE & 65+ - £40.00
- DAY PASS (STUDENT) - £4.00.00
- 12 MONTHS MISC. CORPORATE & 65+ - £6.00

CLASS TIMETABLE

THE CLASSES WOULD BE SUBJECT TO CANCEL IN UNFORESEEN CIRCUMSTANCES

| CLASS | TIME | LOCATION |
|---------------------|---------------|------------|
| 100 CALISTO (MUSIC) | 10:00 - 11:00 | Peepul Gym |
| 100 CALISTO (MUSIC) | 11:00 - 12:00 | Peepul Gym |
| 100 CALISTO (MUSIC) | 12:00 - 13:00 | Peepul Gym |
| 100 CALISTO (MUSIC) | 13:00 - 14:00 | Peepul Gym |
| 100 CALISTO (MUSIC) | 14:00 - 15:00 | Peepul Gym |
| 100 CALISTO (MUSIC) | 15:00 - 16:00 | Peepul Gym |
| 100 CALISTO (MUSIC) | 16:00 - 17:00 | Peepul Gym |
| 100 CALISTO (MUSIC) | 17:00 - 18:00 | Peepul Gym |
| 100 CALISTO (MUSIC) | 18:00 - 19:00 | Peepul Gym |
| 100 CALISTO (MUSIC) | 19:00 - 20:00 | Peepul Gym |
| 100 CALISTO (MUSIC) | 20:00 - 21:00 | Peepul Gym |
| 100 CALISTO (MUSIC) | 21:00 - 22:00 | Peepul Gym |
| 100 CALISTO (MUSIC) | 22:00 - 23:00 | Peepul Gym |
| 100 CALISTO (MUSIC) | 23:00 - 24:00 | Peepul Gym |

ALL GROUP CLASS LOCATIONS ARE SUBJECT TO ROOM AVAILABILITY

ALL CLASS PRICES FOR NON MEMBERS - £3

THE PEEPUL ENTERPRISE
ORCHARDSON AVE., LEICESTER, LE4 6DP
TEL: 0116 261 6000 WWW.PEEPULENTERPRISE.COM

HELP SUPPORT

Mental health and wellbeing support

Information about services across Leicester, Leicestershire and Rutland that provide support for your mental health and wellbeing.

Peepul Neighbourhood Mental Health Café
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Provided by the Peepul Centre
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Carers Pack

Are you looking after a partner, family member, child or friend who couldn't manage without your help?

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Peepul

SCAN ME

NHS Leicestershire and Rutland



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Neighbourhood Mental Health Cafés

Neighbourhood Mental Health

MIXED GYM LADIES ONLY @ THE PEE

Brand new group (Vegas, Cardio Fit)

Certified M

Special di Student

Neighbourhood Mental Health Cafés



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Cafés

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Neighbourhood Mental Health Cafés logo: *Support when you're struggling to cope*

Illustration of two people sitting at a table.

QR code



Thank You
