

FITNESS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BODY BLAST 17:15 - 17:55 18:00 - 18:50 HANNAH	YOGALATES 17:40 - 18:40 SANDRA D	FITNESS PILATES 17:40 - 18:40 SANDRA D	STUDIO CYCLING 17:45 - 18:25 AYMEN	STUDIO CYCLING 17:30 - 18.15 JENNY BROWN	YOGA 10:00 - 11:00 JENNY BISHOP	STEP 09:00 - 10:00 AYMEN	
STUDIO CYCLING 18:00 - 18:45 AYMEN	STUDIO CYCLING 17:45—18:30 JENNY BROWN	CIRCUITS 18:45 – 19:45 JO	CORE 18:30 - 19:00 AYMEN			YOGALATES 10:10 -11:10 SANDRA D	
DANCE AEROBICS 19:00 - 19:50 HANNAH	CARDIO TONE 18:45 - 19:35 SANDRA D	ZUMBA 19:50—20:40 MILLIE	PUMP AND TONE 19:05 - 19:50 JO	FITNESS CLASSES FREE OF CHARGE FOR MEMBERS NON-MEMBERS WELCOME : £6 PER CLASS CONTACT CSA RECEPTION TO BOOK ON! TEL: 01223 264444 MEMBERSHIPS AVAILABLE FROM £32 A MONTH - WHICH INCLUDES: UNLIMITED USE OF FITNESS SUITE AND FREE WEIGHTS ROOM AND FREE BADMITON COURT HIRE			
CIRCUITS 19:55 - 20:40 HANNAH							