

# FITNESS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BODY BLAST</b>	<b>YOGALATES</b> 17:40 - 18:40 SANDRA	<b>FITNESS PILATES</b>	<b>STUDIO CYCLING</b>	<b>STUDIO CYCLING</b>	<b>STUDIO CYCLING</b>	<b>STEP</b>
18:00- 18:50	<b>HIIT</b> 18:30 - 19:15 JEN	18:00 19:00	17:45 - 18:25	17:30 - 18.15	8:30 - 9:15	9.00 -10.00
TARA		TARA	AYMEN	JEN	TARA	AYMEN
<b>STUDIO CYCLING</b> 19:05 - 19:50	<b>LBT</b> 18:50 - 19:15 TARA	<b>CIRCUITS</b>	<b>HIIT</b> 18:35 - 19:05		<b>EARLY BURN</b>	<b>YOGALATES</b>
<b>DANCE AEROBICS</b> 19:10 - 20:00 JO	<b>STUDIO CYCLING</b> 19:30-20:15 JEN	19:10 - 20:10 TARA	AYMEN		9:30- 10:25 TARA	10.10-11.10 SANDRA
		<b>DANCE AEROBICS</b>	<b>TOTAL BODY WORKOUT</b>			
		19:10-20:00 JO	19:15-20:00 AYMEN			

All Studio classes are **FREE** for Members. **£5/£4** for non-members.

Please book in advance at the CSA Reception or call us on **01223 264 444**. **Online booking available for members.**

Members can book **8 days** in advance, Non Members **7 days** in advance! Fitness class pass— £50/40 '12 classes for the price of 10'