

FITNESS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODY BLAST 18:00 - 18:50 LAUREN	YOGALATES 17:40 - 18:40 SANDRA D	FITNESS PILATES	STUDIO CYCLING	STUDIO CYCLING	KETTLEBELLS	STEP
STUDIO CYCLING 19:05 - 19:50 LAUREN	HIIT 18:00 - 18:45 JEN	17:40—18:40 SANDRA D	17:45 - 18:25 AYMEN	17:30 - 18.15 JEN	9:00-9:50 JEN	9:00 -10:00 AYMEN
DANCE AEROBICS 19:00—19:50 HANNAH	LBT 18:55-19:45 JEN	CIRCUITS 18:45— 19:45 RACHEL	HIIT 18:30 - 19:00 AYMEN		YOGALATES 10:00-11:00 KAI	YOGALATES 10:10-11:10 SANDRA D
CIRCUITS 19:55—20:40 HANNAH	STUDIO CYCLING 19:55—20:40 JEN		PUMP AND TONE 19:05—19:50 SANDRA R	<p>FITNESS CLASSES FREE OF CHARGE FOR MEMBERS</p> <p>NON-MEMBERS WELCOME : £5 PER CLASS</p> <p>CONTACT CSA RECEPTION TO BOOK ON!</p> <p>TEL: 01223 264444</p> <p>MEMBERSHIPS AVAILABLE FROM £30 A MONTH - WHICH INCLUDES: UNLIMITED USE OF FITNESS SUITE AND FREE WEIGHTS ROOM AND FREE BADMITON COURT HIRE</p>		