

FITNESS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODY BLAST	YOGALATES 18:00 - 19:00 SANDRA	LBT 17:50-18:35 TARA	STUDIO CYCLING	STUDIO CYCLING	STUDIO CYCLING	STEP
18:00 - 19:00 HANNAH	BARRE FUSION 17:45 - 18:30 HANNAH	FITNESS PILATES 18:00 - 19:00 HANNAH	17:45 - 18:25 AYMEN	17:30 - 18.15 JEN	8:30 - 9:15 TARA	9.00 -10.00 AYMEN
STUDIO CYCLING 19:05 - 19:50 HANNAH	HIIT 18:30 - 19:15 JEN	CIRCUITS	HIIT 18:30 - 19:00 AYMEN		EARLY BURN	YOGALATES
ZUMBA 19:10 - 20:00 SOFIA	TTB 19:05 - 20:00 HANNAH	19:05 - 20:00 HANNAH	BODY CONDITIONING 19:05 -19:50 AYMEN		9:30- 10:25 TARA	10.00-11.00 SANDRA
PILATES	STUDIO CYCLING	ZUMBA	STUDIO CYCLING (HIT)			
20:00 - 21:00 TARA	20:05 - 20:50 TARA	19:10 - 20:00 SOFIA	19:55 - 20:25 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'