

FITNESS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODY BLAST	YOGALATES 17:40 - 18:40 SANDRA	FITNESS PILATES	STUDIO CYCLING	STUDIO CYCLING	STUDIO CYCLING	STEP
18:00 - 18:50 TARA	HIIT 18:30 - 19:15 JEN	18:00-19:00 TARA	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 TARA	LBT 18:50-19:20 TARA	CIRCUITS	HIIT 18:35 - 19:05 AYMEN		EARLY BURN	YOGALATES
ZUMBA 19:10 - 20:00 SOFIA	STUDIO CYCLING 19:30-20:15 JEN	19:10 - 20:10 TARA	BODY CONDITIONING 19:15 -20:00 AYMEN		9:30- 10:25 TARA	10.10-11.10 SANDRA
		ZUMBA 19:10 - 20:00 SOFIA				

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'