

# FITNESS CLASS TIMETABLE

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