

FITNESS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODY BLAST 18:00 - 18:50 HANNAH	YOGALATES 17:40 - 18:40 SANDRA D	FITNESS PILATES 17:40—18:40 SANDRA D	STUDIO CYCLING 17:45 - 18:25 AYMEN	STUDIO CYCLING 17:30 - 18.15 JEN	YOGA 10:00—11:00 JENNY	STEP 09:00—10:00 AYMEN
STUDIO CYCLING 18:00—18:45 AYMEN	HIIT 18:10 - 18:40 JEN		HIIT 18:30 - 19:00 AYMEN			YOGALATES 10:10-11:10 SANDRA D
DANCE AEROBICS 19:00—19:50 HANNAH	LBT 18:45 - 19:35 JEN	CIRCUITS 18:45— 19:45 RACHEL	PUMP AND TONE 19:05—19:50 JO	FITNESS CLASSES FREE OF CHARGE FOR MEMBERS NON-MEMBERS WELCOME : £5 PER CLASS CONTACT CSA RECEPTION TO BOOK ON! TEL: 01223 264444 MEMBERSHIPS AVAILABLE FROM £30 A MONTH - WHICH INCLUDES: UNLIMITED USE OF FITNESS SUITE AND FREE WEIGHTS ROOM AND FREE BADMITON COURT HIRE		
CIRCUITS 19:55—20:40 HANNAH	STUDIO CYCLING 19:45 - 20:30 JEN					