

FITNESS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODY BLAST 17:15 - 17:55 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 JENNY BROWN	YOGA 10:00 - 11:00 JENNY BISHOP	STEP 09:00 - 10:00 AYMEN
DANCE AEROBICS 19:00 - 19:50 HANNAH	STUDIO CYCLING 17:45—18:30 JENNY BROWN	CIRCUITS 18:45 – 19:45 JO	CORE 18:30 - 19:00 AYMEN			YOGALATES 10:10 -11:10 SANDRA D
CIRCUITS 19:55 - 20:40 HANNAH	CARDIO TONE 18:45 - 19:35 SANDRA D	ZUMBA 19:50—20:40 MILLIE	PUMP AND TONE 19:05 - 19:50 JO	<p>FITNESS CLASSES FREE OF CHARGE FOR MEMBERS</p> <p>NON-MEMBERS WELCOME : £6 PER CLASS</p> <p>CONTACT CSA RECEPTION TO BOOK ON!</p> <p>TEL: 01223 264444</p> <p>MEMBERSHIPS AVAILABLE FROM £32 A MONTH - WHICH INCLUDES:</p> <p>UNLIMITED USE OF FITNESS SUITE AND FREE WEIGHTS ROOM</p> <p>AND FREE BADMITON COURT HIRE</p>		