



CAVERSHAM

Health & Fitness

STUDIO TIMETABLE

Monday

09.30-10.30 Pump - Mark
10.30-11.30 Yoga - Aleigh
12.15-13.00 Spin - Mark
18.00-19.00 Hi-Lo Aerobics - Karen
18.10-18.50 Spin - Natalie
19.00-20.00 Pump - Ciaran
20.00-21.15 Deep Stretch Yoga - Kim

Tuesday

09.40-10.30 Spin - Kevin
10.30-11.30 Strength & Stretch Yoga - Veronica
11.30-12.30 Pilates - Bev
18.00-19.00 Body Combat - Lorna
18.15-19.00 Spin - Siobhan
19.00-20.00 Pilates - Julie
20.00-21.00 Pilates Beginners Course (£) - Julie

Wednesday

09.30-10.30 Pump - Ciaran
09.45-10.30 Spin - Lorna
10.30-11.30 Body Combat - Lorna
12.00-13.00 Adult Ballet (£) - Mo
13.00-14.00 Adult Tap (£) - Mo
18.00-19.00 Boxing Circuit - Tony
18.15-18.45 Beginners Spin - Vee
19.00-20.00 Spin - Hazel
20.00-21.00 Yogalates - Julia F

Thursday

09.30-10.10 Spin - Fiona
10.15-11.00 Power Yoga - Veronica
18.00-18.45 Circuit Training - Tony
18.00-18.45 Spin and Conditioning - Hazel
18.45-19.45 Yoga - Luci
19.45-20.45 Adult Ballet (£) - Mo

Friday

07.00-07.45 Spin - Siobhan
09.30-10.30 Conditioning - Ciaran
10.45-11.45 Yoga Pilates Fusion - Julia
18.30-19.15 Spin - Fitness Team

Saturday

09.15-10.00 Spin - Mark
10.00-11.00 Step - Ciaran
15.30-16.30 Chi Gong kung-fu (£) - David

Sunday

10.00-11.00 Pump - Natalie
11.15-13.45 Self Defence (£)
17.00-17.45 Spin - Natalie

Classes are available to book 1 day in advance,
Please book at reception or call on
01189482970

(£) indicates a paid course, please ask reception
for more information