

Find the class that suits your lifestyle



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY								
MORNING	6.30am till 10am	07.00-07.45 Spin Studio	Spin													
		09.30-10.30 Studio	Strength & Tone Mark	09.30-10.30 Studio	Salsa Claudia	09.30-10.30 Studio	Pump Ciaran	09.30-10.15 Spin Studio	Spin Fiona	09.30-10.30	Conditioning Fiona	09.15-10.00 Spin Studio	Spin Mark	09.30-10.15 Spin Studio	Spin Natalie	
DAYTIME	10am till 5pm	10.30-11.30 Studio	Hatha Yoga Aleigh	10.30-11.30 Studio	Hatha Yoga & Conditioning Veronica	10.30-11.30 Studio	Pure Stretch Ciaran	10.30-11.30 Studio	Pilates Julie	10.30-11.30 Outside	YAH Club Walking	10.00-11.00 Studio	Circuits Natalie	10.15-11.15 Studio	Power Yoga Michelle	
						11.30-12.30 Studio	YAH Club Tai Chi	11.30-12.30	YAH Club Pilates					11.45-1.45 Studio	MMA Rob	
				11.30-12.30	YAH Club Aerobics											Payable
EVENING	5pm till 10pm	18.00-19.00 Studio	Aerobics Rachael	18.00-19.00 Studio	Body Combat Ricardo	18.00-19.00 Studio	Boxing Circuit Tony	18.00-18.45 Studio	Circuit Training Tony							
		18.10-18.50 Spin Studio	Spin Natalie	18.15-19.00 Spin Studio	Spin	18.15-18.45 Spin Studio	Beginners Spin- Vee	18.00-18.45 Spin Studio	Spin Hazel	18.10-18.50 Spin Studio	Spin Vee					
		18.30-19.30 Outside	Running Club Mark	19:00-20:00 Studio	Pilates Julie	19:00-20:00 Spin Studio	Spin Hazel	18.45-19.45 Studio	Hatha Yoga							
		19.00-20.00 Studio	Pump Natalie	20.00-21.00 Studio	Beginners Pilates Course Payable	19:00-19:45 Studio	Aerobics Rachael									
		20:00-21:00 Studio	Hatha Yoga Aleigh			19:45-20:30 Studio	LBT Rachael									

CAVERSHAM Health & Fitness	A is for Aerobic. Work your heart and lungs, burn calories, and improve cardiovascular fitness, get up and get moving.
	C is for Conditioning. Improve your overall body tone, a class to condition and strengthen your body.
	E is for Escape. Relax your mind by improving flexibility and posture, an excellent way to keep fit and reduce stress.