

MONDAY					TUESDAY					WEDNESDAY				
OPEN 6AM - 10PM					OPEN 6AM - 10PM					OPEN 6AM - 10PM				
Time	Duration	Class	Area	Instructor	Time	Duration	Class	Area	Instructor	Time	Duration	Class	Area	Instructor
09:30	60 mins	Strength & Tone	Studio	Catherine	06:15	45 Mins	Bootcamp	Studio	Gym Team	09:30	45 mins	Spin	Spin studio	Mark
09:30	45 Mins	Spin	Spin Studio	Tristan	09:30	45 mins	Spin	Spin Studio	Katia	09:30	60 mins	Body Combat	Studio	Cheryl
10:30	60 mins	Hatha Yoga	Studio	Sarah	09:30	60 mins	Barre Conditioning	Studio	Bec	10:30	60 mins	Restorative Yoga	Studio	Alice
11:30	60 mins	Pilates/ Stretch	Studio	Julie	10:30	60 mins	Dynamic Pilates	Studio	Sophie	17:30	30 mins	P90X	Studio/Gym	Wayne
12:30	45 mins	P90X	Studio	Wayne	11:30	60 mins	Dynamic Pilates	Studio	Sophie	18:00	60 mins	Insanity	Studio	Wayne
18:00	60 mins	Fitsteps	Studio	Michelle	17:30	45mins	Boxfit	Studio/Gym	Dave	18:15	45 mins	Spin	Spin Studio	Lorna
18:30	45 mins	Spin	Spin Studio	Mark	18:00	60 mins	Hatton Boxing for Fitness	Studio	Natalie	18:45	60 mins	**Running Club	Outdoors	Matt
19:00	60 mins	Body Pump	Studio	Diane	18:15	45 mins	Pablo's Spin	Spin Studio	Pablo	19:00	60 mins	Hatha Yoga	Studio	Sarah
19:00	45 mins	Extreme Bootcamp	Softplay	Dave	19:15	60 mins	Intermediate Pilates	Studio	Cathy	20:00	60 mins	Body Pump	Studio	Colin
20:15	60 mins	Power Yoga	Studio	Kate										

THURSDAY					FRIDAY					SATURDAY				
OPEN 6AM - 10PM					OPEN 6AM - 9PM					OPEN 7AM - 8PM				
Time	Duration	Class	Area	Instructor	Time	Duration	Class	Area	Instructor	Time	Duration	Class	Area	Instructor
09:30	60 mins	Legs Bums Tums	Studio	Dave	07:15	45 mins	Pilates	Studio	Steve	08:00	45 mins	Full Body Blast	Studio/Gym	Gym Team
09:30	45 mins	Spin	Spin Studio	Katia	09:30	60 mins	Body Pump	Studio	Rhian	08:30	45 mins	Spin	Spin Studio	Kate
10:30	60 mins	Pilates	Studio	Julie	09:30	45 mins	Spin	Spin Studio	Jules	09:30	60 mins	Body Pump	Studio	Diane
13:00	30 mins	Treadkill	Studio	Gym Team	10:45	60 mins	Pilates	Studio	Julie	09:45	45 mins	Legs, Bums & Tums	Squash Crt 1	Gym Team
17:30	30mins	Weights for Ladies	Studio/Gym	Gym Team	11:45	60 mins	Dancefit	Studio	Nickie	10:30	45 mins	Insanity	Studio	Wayne
18:15	60 mins	Barre Conditioning	Studio	Diane	18:00	60 mins	Dancefit	Studio	Nickie	11:15	60 mins	Intermediate Pilates	Studio	Sophie
18:30	45 mins	Spin	Spin Studio	Kate	19:00	60 mins	Hatha Yoga	Studio	Veronica	12:15	60 mins	Intermediate Pilates	Studio	Ci
19:15	60 mins	Pump	Studio	Margarita										

SUNDAY				
OPEN 8AM - 8PM				
Time	Duration	Class	Area	Instructor
09:00	45 mins	Spin	Spin Studio	Cathy
09:40	55mins	Power Yoga	Studio	Alice
10:45	60mins	HIIT the Floor	Gym	Wayne

Aerobic | Work your heart, burn calories, and improve cardiovascular fitness.

Escape | Relax your mind, improve flexibility and posture, keep fit and reduce stress.

Conditioning | Improve overall body tone, a class to condition and strengthen your body.

OFF PEAK

PEAK

0118 948 4849 | www.clubchf.co.uk



Classes FREE to all members All class times are approximate.

Book online or by telephone - up to 48 hours notice for members

Non-members - £7 class fee (payable at time of booking).

