

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
10:30	60 mins	Hatha Yoga	Studio	Sarah	09:30	45 mins	Spin	Spin Studio	Katia	09:30	60 mins	Body Combat	Studio	Cheryl
11:30	60 mins	Pilates/ Stretch	Studio	Julie	09:30	60 mins	Barre Conditioning	Studio	Diane	10:30	60 mins	Restorative Yoga	Studio	Alice
12:30	45 mins	P90X	Studio	Wayne	10:30	60 mins	Dynamic Pilates	Studio	Sophie	17:30	30 mins	P90X	Studio/Gym	Wayne
18:00	60 mins	Fitsteps	Studio	Michelle	11:30	60 mins	Dynamic Pilates	Studio	Sophie	18:00	60 mins	Insanity	Studio	Wayne
18:30	45 mins	Spin	Spin Studio	Mark	17:30	45mins	Boxfit	Studio/Gym	Dave	18:15	45 mins	Spin	Spin Studio	Lorna
19:00	60 mins	Body Pump	Studio	Margarita	18:15	60 mins	Body Combat	Studio	Emily	19:00	60 mins	Hatha Yoga	Studio	Sarah
20:15	60 mins	Power Yoga	Studio	Kate	18:15	45 mins	Spin	Spin Studio	Pablo	20:00	60 mins	Body Pump	Studio	Colin
					19:15	45 mins	Intermediate Pilates	Studio	Cathy					

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	Legs, Bums & Tums	Studio	Gym Team	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	10:30	45 mins	Insanity	Studio	Wayne
17:30	30mins	Weights for Ladies	Studio/Gym	Gym Team	11:45	60 mins	Dancefit	Studio	Nickie	11:15	60 mins	Intermediate Pilates	Studio	Sophie
18:15	45 mins	Barre Conditioning	Studio	Diane	13:00	45 mins	Full Body Blast	Gym	Gym Team	12:15	30 mins	HIIT	Mezzanine	Dave
19:00	45 mins	Spin	Spin Studio	Kate	18:00	60 mins	Dancefit	Studio	Nickie					
19:00	60 mins	Pump	Studio	Margarita	19:00	60 mins	Hatha Yoga	Studio	Veronica					
20:00	60 mins	Yin Yoga	Studio	Cherrie										

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

OFF PEAK
PEAK

**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.

0118 948 4849 | [www.clubCHF.co.uk](http://www.clubCHF.co.uk)

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

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

**Classes FREE to all members**

**All class times are approximate. Allowing time for set up and exit.**

