

## CCCU CLASS TIME TABLE Starting 9th January 2012

MONDAY				
ZUMBA 7.15am - 8.15am Lisa  Studio		X-BIKE SPINNING 1.00pm - 1.30pm Hannah/Andy  Studio	PILATES 5.15pm - 6.15pm Sue  Studio	YOGA 6.30pm - 8.00pm Shanta  Studio
TUESDAY				
	NORDIC WALKING 12.00pm - 1.00pm Hannah/Jack  Outside	X-BIKE SPINNING 1.00pm - 1.30pm Kieran  Studio	AB BLAST 1.30pm - 2.00pm Kieran  Studio	CIRCUITS 5.00pm - 6.00pm John  Hall
WEDNESDAY				
	ACTIVE for LIFE + 9.00am - 10.00am Anna  Studio Over 50's	ACTIVE for LIFE 10.00am - 11.00am Anna  Studio Over 50's	COMBAT 5.15pm - 6.15pm Hayley  Studio	
THURSDAY				
			PILATES + 5.30pm - 6.30pm Sue  Studio	BOOTCAMP 6.00pm - 7.00pm Kieran  Hall
FRIDAY				
	ACTIVE for LIFE 10.00am - 11.00am John  Studio Over 50's	X-BIKE SPINNING 12.15pm - 1.00pm Hannah/Andy  Studio	ZUMBA 4.15pm - 5.15pm Clare  Studio	ZUMBA 5.30pm - 6.30pm Clare  Studio

Class details are correct at time of printing but occasionally we may have to cancel a class due to circumstances beyond our control. We recommend you call or check the website for up to date details.

Nordic Walking Tuesdays only this term      ZUMBA 2 Classes on Friday

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PRICE PER CLASS	30mins - £1.50	45mins - £2.00	1hr - £2.50	1.50hrs - £3.50
KEY	AEROBICS	CONDITIONING	RELAX	WALKING

