

Fitness 14

Swim, Gym & Sports

- Classes can be booked and paid for 8 days ahead

Monday	Class	Instructor	Time
5pm	Spin	Sian	45 mins
6pm	Spin	Sian	45 mins
Tuesday	Class	Instructor	Time
5pm	Yoga Balance	Gemma	55mins
Wednesday	Class	Instructor	Time
12.30pm	Yoga	Starts 02 nd Oct Bryony	45 Mins
5pm	Spin	Sian	45 mins
7pm	Weight Circuits	Mark	55 mins
Thursday	Class	Instructor	Time
5pm	Yoga Balance	Gemma	55 mins
Friday	Class	Instructor	Time
12.30pm	'Hard Core' Pilates	Raquel	12.30pm

CHARGE PER CLASS **Member** **Guest**
(Included in Multi Tkt) **£5.85** **£9.50**

All bookings are non-refundable and non-transferrable

For further information call (029) 207-42440 or

email info@cmcsportsandsocialclub.co.uk

www.cmcsports.co.uk