

CLASS TIMETABLE

MON	09:30 – 10:30	Pilates	Julie
	10:30 – 11:00	Aqua	Julie
	11:30 – 12:00	LBT	Neil
	17:30 – 18:00	Boxfit	Neil
	18:15 – 18:45	Ab Attack	Neil
TUES	10:30 – 11:00	Body Blast	Neil
	11:15 – 11:45	Ab Attack	Neil
	13:30 – 14:30	Yoga	Matt
	17:30 – 18:00	Tabata	Neil
	18:15 – 19:15	Pilates	Julie
WED	09:30 – 10:00	Aqua	Julie
	10:30 – 11:15	Zumba	Julie
	12:00 – 12:30	Ab Attack	Neil
	17:30 – 18:00	HIIT	Neil
	18:15 – 18:45	LBT	Neil
THUR	10:00 – 10:30	Body Tone	Liam
	10:45 – 11:45	LBT	Liam
	11:30 – 12:10	HIIT & Abs	Liam
	17:30 – 18:10	Bootcamp & Abs	Neil
	18:15 – 19:15	Yoga	Julie
FRI	09:30 – 10:00	Aqua	Julie

Please book online at:
Book.TheCheltenhamChase.co.uk/login

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