

Charlton House class timetable Monday 3rd September 2018 - Tuesday 1st January 2019

IN PARTNERSHIP WITH

Lucozade
SPORT

Monday

09:15 - 10:15 **Circuits**

11:30 - 12:30 **Yoga**

18:00 - 18:50 **HIIT**

Tuesday

09:00 - 10:00 **Circuits**

10:30 - 11:15 **Metafit**

18:15 - 19:15 **Dancercise**

19:30 - 20:30 **Bodybalance**

Wednesday

09:00 - 9:45 **Metafit**

11:00 - 11:45 **Legs Bums & Tums**

18:00 - 19:00 **Bootcamp**

19:15 - 20:15 **Yoga**

Thursday

09:00 - 9:45 **Bootcamp**

10:00 - 11:00 **Legs Bums & Tums**

11:15 - 12:15 **Bodybalance**

18:00 - 19:00 **Circuits**

19:00 - 20:00 **Pilates**



Friday. Classes on Friday are in the Gym

8:00-8:45 **Bootcamp**

9:15-10:15 **Circuits**

Bannatyne
Health Club & Spa