

Charlton House **class timetable** Monday 8th January - Sunday 29th April 2018

IN PARTNERSHIP WITH

Lucozade
SPORT

Monday

Tuesday

Wednesday

Thursday

07:00 - 07:45 **HIIT Training**

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

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

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

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

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

11:00 - 11:45 **HIIT training**

18:00 - 19:00 **Dancercise**

19:00 - 20:00 **Yoga**

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

11:00 - 11:45 **Legs Bums
and tums**

18:00 - 18:45 **HIIT training**

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

09:00 - 09:45 **HIIT training**

10:00 - 11:00 **Legs bums
and tums**

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

19:00 - 20:00 **Yoga**



Friday. Classes on Friday are in the Gym

08:00 - 08:45 Hiit training

09:15 - 10:15 Circuits

Bannatyne
Health Club & Spa