

# Charlton House **class timetable**

IN PARTNERSHIP WITH



## Monday

09:15 - 10:15 **Circuits**  
11:30 - 12:30 **Yoga**  
18:00 - 19:00 **Bootcamp**  
19:00 - 20:00 **Yoga**

## Tuesday

09:00 - 10:00 **Circuits**  
10:30 - 11:15 **Metafit**  
18:15 - 19:15 **Dancercise**  
19:30 - 20:30 **BODYBALANCE™**

## Wednesday

09:15 - 09:45 **Metafit**  
11:00 - 11:45 **Legs Bums & Tums**  
18:00 - 18:45 **Bootcamp**  
19:15 - 20:15 **Yoga**

## Thursday

09:15 - 10:00 **Bootcamp**  
10:00 - 11:00 **Legs Bums & Tums**  
11:15 - 12:15 **BODYBALANCE™**  
17:00 - 18:00 **Circuits**  
18:00 - 18:45 **Pilates**



## Friday (classes are in the gym)

**08:00 - 08:45** **Bootcamp**  
**09:00 - 10:00** **Circuits**