



## CLASS TIMETABLE

### MONDAY

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- 10.00 - 11.00 **Yoga**  
with Peter Mullins
- 18.15 - 19.00 **Aqua Blast**  
with a CM Team Member

### TUESDAY

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- 09.30 - 10.15 **Morning Wake up**  
with a CM Team Member
- 10.20 - 11.00 **Aqua Fit**  
with a CM Team Member
- 11.05 - 11.45 **Aqua Fit**  
with a CM Team Member
- 18.30 - 19.30 **High Intensity Training**  
with a CM Team Member
- 20.00 - 21.00 **Yoga**  
with Claire Ellender

### WEDNESDAY

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- 10.00 - 11.00 **Yoga**  
with Claire Ellender
- 18.30 - 19.15 **Body Blast**  
with Vicky Hatch
- 19.20 - 20.05 **Pilates**  
with Vicky Hatch

### THURSDAY

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- 09.30 - 10.15 **Morning Wake up**  
with a CM Team Member
- 10.20 - 11.00 **Aqua Fit**  
with a CM Team Member
- 11.05 - 11.45 **Aqua Fit**  
with a CM Team Member
- 18.15 - 19.00 **Aqua Fit**  
with a CM Team Member

### FRIDAY

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- 10.00 - 11.00 **Yoga**  
with Claire Ellender

All club classes are included in your memberships no extra fee! \*out sourced classes are at an additional fee of £3 a session  
For booking information speak to a member of staff or call **01733 289901**

