



## Circuit Timetable:

**Monday:** 9:30 am - Dan

6:30 pm - Tom

**Tuesday:** 5:45 pm - Dan

**Wednesday:** 8:45 am - Dan

6:30pm - Steve

**Thursday:** 9:30am - Von

\*ABS\* 5:45pm - Tom

6:30 pm - Renaissance

**Friday:** 9:30 am - Von

6:30 pm - Steve

*Book your session up to 7 days in advance*

*online or at reception:*

[www.chfgym.co.uk/class-booking](http://www.chfgym.co.uk/class-booking)