



Circuit Timetable:

Monday:	9:30 am - Dan
	6:30 pm - Andrzej
Tuesday:	5:45 pm - Dan
Wednesday:	8:45 am - Andrzej
	6:30pm - Steve
Thursday:	9:30am - Andrzej
	ABS 5:45pm - Von
	6:30 pm - Della
Friday:	9:30 am - Von
	6:30 pm - Andrzej

Book your session up to 7 days in advance

online or at reception:

www.chfgym.co.uk/class-booking