



## Circuit Timetable:

<b>Monday:</b>	9:30 am - Dan 6:30 pm - Ian
<b>Tuesday:</b>	5:45 pm - Dan
<b>Wednesday:</b>	8:45 am - Andrzej 6:30pm - Ian
<b>Thursday:</b>	9:30am - Andrzej 6:30 pm - Della
<b>Friday:</b>	9:30 am - Von 6:30 pm - Ian / Andrzej
<b>Saturday:</b>	9:30am - Andrzej

*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)**

*Maximum 10 participants.*