



Clock Circuit Timetable:

Monday: 9:30 am - Dan

6:30 pm - Ian

Tuesday: 5:45 pm - Dan

Wednesday: 8:45 am - Andrzej

Thursday: 6:30 pm - Della

Friday: 9:30 am - Von

Saturday: 9:30am - Andrzej

Book your session up to 7 days in advance

online or at reception:

www.chfgym.co.uk/class-booking

Maximum 10 participants.