



Clock Circuit Timetable:

Monday: 8:45am - Dan

7:00pm - Ian

Tuesday: 10:15am - Von

5:45pm - Dan

Wednesday: 8:45am - Andrzej

9:45am - Andrzej

Thursday: 5:30pm - Dan

6:45pm - Von

Saturday: 8:30am - Andrzej

Book your session up to 7 days in advance

online or at reception:

www.chfgym.co.uk/class-booking

Maximum 10 participants.