



# CLASS TIMETABLE

To book onto classes simply log in to your members area and book.

For Zoom classes you will be sent a Zoom meeting ID no later than one day before the class is due to start, this will allow you access to the live streaming class. Please ensure that your contact details are correct.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:30 - 10:00 Car Park MetaFit Dan	9:30 - 10:15 Car Park Mills Tone Les Faye	9:30 - 10:15 Car Park BodyCombat Hollie	9:30 - 10:15 Zoom Mills Tone Les Hollie
	11:00 - 12:00 Zoom Pilates Paul		10:30 - 11:15 Zoom Yoga Jade
18:30 - 19:15 Zoom Combat Body Hollie	18:30 - 19:15 Zoom HOTSPOT Hollie	18:30 - 19:15 Zoom BodyAttack Lucy	18:30 - 19:00 Zoom MetaFit Dan
FRIDAY	SATURDAY	SUNDAY	
9:30 - 10:00 Zoom Circuit LBT Dan	9:00 - 9:30 Car Park Jump Dan	9:30 - 10:15 Zoom Mills Tone Les Hollie	
	10:00 - 10:45 Zoom BodyAttack Daren	10:30 - 11:15 Car Park Body Combat Hollie	



If you have an problems logging into your members area please contact us:

email: [info@chfgym.co.uk](mailto:info@chfgym.co.uk)  
call / message: 07990575160





