



# LIVE STREAM TIMETABLE

To book onto a Live Stream Class simply log in to your members area and book the class as normal.

You will be sent a Zoom meeting ID the evening before the class, this will allow you access to the live streaming class. If you have not recieved your code, just call or message the number below and Hollie will get the code to you. Please do not share your codes as they are for members only.

Before you book, make sure your contact details are correct. THANK YOU so much for your support!

MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
9:30 - 10:00	MetaFit	Dan	9:30 - 10:15	Les Mills Tone (Cardio)	Faye	9:30 - 10:15	BodyCombat	Hollie	9:30 - 10:15	Les Mills Tone (Strength)	Hollie
						10:30 - 11:30	Yoga	Jade			
18:30 - 19:15	BodyCombat	Hollie	18:30 - 19:15	HOTSPOT		18:30 - 19:15	Body Attack	Lucy	18:30 - 19:00	MetaFit	Dan
FRIDAY			SATURDAY			SUNDAY					
9:30 - 10:00	LBT Circuit	Dan	10:00 - 10:45	BodyAttack	Daren	9:30 - 10:15	Les Mills Tone	Hollie			
						10:30 - 11:15	BodyCombat	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

