



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 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
9.15 - 10.00 Les Mills Tone Hollie	9.15 - 9.45 MetaFit Dan	9.15 - 10.00 BodyCombat Hollie	10.30 - 11.15 BodyPump Hollie
18.30 - 19.15 BodyCombat Lucy	18.30 - 19.15 BodyPump Hollie	18.30 - 19.15 Les Mills Tone Faye	18.30 - 19.00 MetaFit Dan
FRIDAY	SATURDAY	SUNDAY	
9.15 - 9.45 Circuit Dan	10.00 - 10.45 BodyAttack Daren	10.00 - 10.45 BodyCombat Hollie	



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

email: info@chfgym.co.uk
call / message: 07990575160

