

Chorley Fitness Class Timetable

Day	Time	Class	Instructor
Monday	16:40pm	FREE 20MIN PT (book in adv T&C's Apply)	Sean
	17:15pm-18:00pm	Pilates For Beginners	Rachel
	18:15pm-19:00pm	Step Class (Trial)	Sean
	19:15pm- 20:00pm	HIIT	Sean
Tuesday	11:00pm-12:00pm	Functional Pilates	Pam
	16:40pm	FREE 20MIN PT (book in adv T&C's Apply)	Sean
	17:15pm-18:00pm	HIIT	Sean
	18:15pm-19:00pm	Abs Blast	Sean
	19:15pm- 20:00pm	KettleBell Lite	Sean
Wednesday	16:40pm	FREE 20MIN PT (book in adv T&C's Apply)	Sean
	17:15pm-17:45pm	Battle Ropes	Sean
	18:00pm-19:00pm	Yoga	Karen
	19:15pm- 19:45pm	Group Nutritional Advice Plans	Sean
Thursday	16:40pm	FREE 20MIN PT (book in adv T&C's Apply)	Sean
	17:15pm-18:00pm	Battle Ropes	Sean
	18:15pm-19:00pm	Circuit Training	Sean
	19:15pm - 20:00pm	Step Class (Trial)	Sean
Friday	16:40pm	FREE 20MIN PT (book in adv T&C's Apply)	Sean
	17:15pm-18:00pm	HIIT	Sean
	18.15pm - 19:00pm	Abs Blast	Sean
	19:15pm - 20:00pm	KettleBell Lite	Sean
FREE For Members / £3.00 Pay As You Go Always Book Onto Each Class www.chorleyfitness.co.uk Subject To Change At Any Time			01257 264240