

Circuit Timetable:

Monday:

9:30 am - *Dan*

6:30 pm - *Tom*

Tuesday:

5:45 pm - *Dan*

Wednesday:

8:45 am - *Dan*

6:30pm - *Steve*

Thursday:

9:30am - *Von*

Abs with Tom 5:45pm

6:30 pm - *Renaissance*

Friday:

9:45 am - *Von*

6:00 pm - *Steve / Tom*

Saturday:

8:30am - *Von*

Book your session up to 7 days in advance

online or at reception:

www.chfgym.co.uk/class-booking



Teen Circuit Timetable:

Wednesday: 11:30am

Holidays only

Friday: 4:30pm

Sunday: 11:30am

Book your session up to 7 days in advance

online or at reception:

www.chfgym.co.uk/class-booking