

Class Timetable

Day	Time	Class	Location
Monday	5.30pm - 5.45pm 6.30pm - 6.45pm	ABSolution	Coaching Room
	6pm - 7pm	Boxercise	Assembly Hall
	7pm - 8pm	Pilates	Drama Studio
Tuesday	6pm - 7pm	Circuit Training	Sports Hall
	5.30pm - 5.45pm 6.30pm - 6.45pm	ABSolution	Coaching Room
	8.30pm - 9.30pm	Aquafit	Swimming Pool
Wednesday	5.30pm - 5.45pm 6.30pm - 6.45pm	ABSolution	Coaching Room
	6.30pm - 7.30pm	Legs, Bums & Tums	Assembly Hall
Thursday	5.30pm - 5.45pm 6.30pm - 6.45pm	ABSolution	Coaching Room
	6pm - 7pm	Circuit Training	Assembly Hall
	7pm - 8pm	Swiss Ball	Dance Studio
Friday	5.30pm - 5.45pm 6.30pm - 6.45pm	ABSolution	Coaching Room
	7pm-8pm	Aquafit	Swimming Pool
Saturday	10.30am - 11.30am	Body Blitz	Sports Hall

All times are subject to change at the managements discretion

Caludon Castle Sports Centre, Axholme Road, Wyken, Coventry, Telephone: 02476 884922