

Gym Opening Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00	Public Session	Public Session	Public Session	Public Session	Public Session	Public Session	
08:00							
09:00							
10:00						Public Session	
11:00						Public Session	
12:00						Public Session	
13:00						Under 16's Permitted in the gym	
14:00						Public Session	
15:00	Under 16's Permitted in the gym	Under 16's Permitted in the gym	Under 16's Permitted in the gym	Under 16's Permitted in the gym	Under 16's Permitted in the gym	Public Session	
16:00							
17:00	Public Session	Public Session	Public Session	Public Session	Public Session		
18:00							
19:00							
20:00							
21:00							

Class Timetable

Monday	6.30pm - 6.45pm	ABSolution	Coaching Room
	6pm - 7pm	Boxercise	Sports Hall
	6pm - 7pm	Yoga	Dance Studio
Tuesday	6pm - 7pm	Circuit Training	Sports Hall
	6.30pm - 6.45pm	ABSolution	Coaching Room
	8.30pm - 9.15pm	Aquafit	Swimming Pool
	7.15pm - 8.15pm	Zumba**	Assembly Hall
Wednesday	6.30pm - 7.30pm	Legs Bums & Tums	Assembly Hall
	6.30pm - 6.45pm	ABSolution	Coaching Room
Thursday	6pm - 7pm	Circuit Training	Sports Hall
	6pm - 7pm	Zumba**	Assembly Hall
	6.30pm - 6.45pm	ABSolution	Coaching Room
	7.00pm - 8.00pm	Swiss Ball	Assembly Hall
Friday	6:30pm - 7:30pm	ABSolution	Coaching Room
	7:00pm - 8:00pm	Aquafit	Swimming Pool

Members also receive free use of the swimming pool, classes, and are entitled to 10% of children's swimming lessons and 50% off tennis / badminton

All times are subject to change at the managements discretion

** Zumba Classes have an additional cost to gym members

Gym Information

September 2011

Annual Memberships

All Annual memberships are 12 months for the price of 10.

Standing Order Memberships

Adults £32 a month

Joint £54 a month

Under 16's £17 a month

Students 16 – 18 £22 a month

Over 60's £22 a month.

Corporate's £27 a month.

Pay as you go Prices.

£25 Adult Annual Subscription.

£3.40 to Swim

£4 for the Gym / Class

£10 under 16's Annual subscription

£2.60 to Swim

£2.00 for the Gym



Caludon Castle Sports Centre,

Axholme Road

Wyken, Coventry,

CV2 5BD

02476 884 922

CaludonCastle@AOL.com

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