



Castle View Community & Fitness Centre

Fitness Class Timetable

MONDAY	
Legs, Bums and Tums	6.00pm – 6.45pm
Meta Fit	6.45pm – 7.15pm
TUESDAY	
Aqua Natal **	6.00pm – 7.00pm
WEDNESDAY	
Boxercise	7.00pm – 7.45pm
THURSDAY	
Dancercise ***	5:30pm – 6:30pm
FRIDAY	
Under 18's Football on the MUGA*	6.00pm – 8.00pm
Stepfit	5.15pm - 6.00pm
Metafit	6.00pm – 6.30pm

Please Note: all timetables are subject to change during school holidays. Please ask at Reception for more information.

- * Sessions run term time only.
- ** Aqua Natal classes are not included in the Membership Scheme.
- *** Dancercise is not included in Membership Scheme - £2.50 PAYG