



Castle View
Community &
Fitness Centre

Fitness Class Timetable

(effective w/c 18th September 2017)

MONDAY			
Legs, Bums and Tums	Adam	6.00pm – 6.45pm	Activity Studio
Meta Fit	Adam	6:45pm – 7.15pm	Activity Studio
TUESDAY			
Aqua Natal *	Eileen & Jill	6.00pm – 7.00pm	Swimming Pool
WEDNESDAY			
Boxercise	Adam	7.15pm – 8.15pm	Activity Studio
THURSDAY			
Bootcamp	Adam	7.15pm – 8.00pm	Activity Studio
Stretch & Tone	Adam	8:00pm – 8:45pm	Activity Studio
FRIDAY			
Step Fit	Adam	5:15pm – 6:00pm	Activity Studio
Metafit	Adam	6:00pm – 6:30pm	Activity Studio
Under 18's Football	Chris	6.00pm – 8.00pm	MUGA

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