

Fitness Class Timetable

£5 per class

Monday

18.00-19.00	Pilates	Function Room
18.30-19.15	Yoga	Fitness Suite

Tuesday

18.00-19.00	Yoga	Function Room
-------------	------	---------------

Wednesday

18.00-18.45	HIIT	Fitness Suite
18.30-19.30	Pilates	Function Room
19.00-20.00	Bootcamp	Fitness Suite

Thursday

18.30-19.30	Yoga	Function Room
19.00-20.00	Kettlercise	Drama Studio

Friday

18.00-19.00	Pilates	Function Room
-------------	---------	---------------

Saturday

09.00-09.45	HIIT	Fitness Suite
10.00-11.00	Bootcamp	Fitness Suite

Book your space at: cbs.schoolactivity.co.uk

Community sport and play



CHELtenham
BOURNside
SPORTS CENTRE

01242 239123

sportscentre@bournside.gloucs.sch.uk

www.bournside.gloucs.sch.uk/sports-centre