



Circle at HLC Fitness Class Timetable 2022

ALL classes must be booked beforehand. Set maximum numbers per class which cannot be over capacity.

Non-members welcome payable on booking.

Please see our website for information on how we are making our centre COVID-19 safe. www.thecircleathlc.co.uk

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIIT 17.45-18.15 Primary Hall DAN	LEGS, BUMS & TUMS 18.00-19.00 Primary Hall KATE	POWER SCULPT 18.00-19.00 Primary Hall DAN	ZUMBA 18.00-19.00 Primary Hall KATE	HIIT & TONE 17.45-18.45 Primary Hall DAN	YOGA 09.00-10.00 Secondary Hall CHERYL
STRENGTH & TONE 18.00-18.45 Primary Catering Hall JEMMA	FITNESS YOGA 19.15-20.15 Primary Hall CHERYL	ABS BLAST 19.15-19.45 Primary Hall DAN	BOOGIE BOUNCE 18.00-18.45 Primary Catering Hall JEMMA	YOGA 19.00-20.00 Primary Hall GILL	
BODY FIIT 18.15-19.15 Primary Hall DAN			YOGA 19.30-20.30 Primary Hall DEBBIE	<p>To Book onto Fitness Classes: Call: 01952 388 470 DM us on Facebook: Circle at HLC Email: circleathlc@taw.org.uk</p>	
BOOGIE BOUNCE 19.00-19.45 Primary Catering Hall JEMMA			LEGS, BUMS & TUMS 19.00-19.45 Primary Catering Hall JEMMA		
YOGA 19.30-20.30 Primary Hall CHERYL			AQUA AEROBICS 20.00-20.45 Main Pool JEMMA		
DANCE FITNESS 20.00-20.45 Primary Catering Hall JEMMA					