

clubvitae

HEALTH AND FITNESS CLUB

OPENING HOURS

Monday – Friday 6:30am – 10:00pm

Saturday – Sunday 7:00am – 9:00pm

*Last entry 1 hour before closing

*Facilities cleared 30 mins before closing

£5 per class for non-members, Iyengar Yoga £7

Mon	Tues	Wed	Thurs	Fri
	Circuit Training 7:00am – 7.45am Club Staff	Studio Cycling 6:45am – 7.15am Club Staff	Calorie Burn 7:00am – 7.45am Club Staff	
Circuits & Cycling 12:15pm – 1:00pm Club Staff	Core Conditioning 12:15pm – 1:00pm Club Staff	Circuit Training 12:15pm – 1:00pm Club Staff	Core Conditioning 12:15pm – 1:00pm Club Staff	Circuit Training 12:15pm – 1:00pm Club Staff
Iyengar Yoga 5:30pm – 7:00pm Angela Studio	Spin In The Gym 5:00pm – 5:30pm Club staff	Bums, Legs & Tums 6:00pm – 7:00pm Julie	Bums, Legs & Tums 5:45pm – 6:45pm Julie	Studio Cycling 5:30pm – 6:00pm Club Staff
	Yoga 5:30pm – 6:30pm Angela			