

Culm Valley Class Timetable - December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BUMS, TUMS, THIGHS 8:30 - 9:15 (AW)	PILATES 9:15 - 10:15 (KR)	METAFIT 7:15 - 7:45 (SF)	TRIPLE CHALLENGE 9:30 - 10:15 (AW)	METAFIT 7:15 - 7:45 (SF)	FUNCTIONAL FITNESS 9:00 - 9:30 (FITNESS TEAM)
BUMS, TUMS, THIGHS 9:30 - 10:15 (AW)	PILATES 10:30 - 11:30 (KR)	FITNESS PILATES 9:15 - 10:15 (CH)	HATHA YOGA 10:30 - 12:00 (JK)	BOXING BLITZ 9:30 - 10:30 (SW)	
METAFIT 17:30 - 18:00 (SF)	TOTAL BODY CONDITIONING 9:30 - 10:15 (AW)	FUNCTIONAL FITNESS 10:15 - 10:45 (FITNESS TEAM)	BOXING BLITZ 18:00 - 18:45 (SW)	YOGA 11:00 - 12:15 (HC)	
BUMS, TUMS, THIGHS 18:00 - 18:45 (AW)	AB ATTACK 17:30 - 18:00 (AW)	AB ATTACK 18:00 - 18:30 (AW)	FUNCTIONAL FITNESS 18:15 - 18:45 (FITNESS TEAM)		
YOGA 18:45 - 20:00 (HC)	FUNCTIONAL FITNESS 18:15 - 18:45 (FITNESS TEAM)	STUDIO CYCLE 18:45 - 19:15 (AW)	FITNESS PILATES 19:00 - 20:00 (RS)		
STUDIO CYCLE 19:00 - 19:30 (AW)	FITNESS PILATES 18:00 - 18:45 (RS)				
	STUDIO CYCLE 18:15 - 18:45 (AW)				
	PIYO 19:00 - 19:45 (AW)				

AW = ALI

JK = JENNY

HC = HEATHER

SW = SARAH

KR = KAREN

CH = CHARLOTTE

SF = SAM

RS = RACHEL



Small group session in functional room

BOOK ONLINE: middevonleisure.com

	CALORIE BURNING
	STRENGTH & TONE
	RELAXATION
	GROUP CYCLE

PLEASE NOTE: for health & safety reasons those arriving 5 minutes after the advertised class start time will not be permitted to join the class