



Castleford Classes **Timetable**

From: 1st November 2011

~~OPEN~~
~~OPEN~~

SAT 08:00-17:00
SUN 09:00-16:00
(£) Indicates a charge

MON	YOGA	ZUMBA	AEROBICS	BOXERCISE	SPIN	SPIN
	11:00 - 12:00	17:30 - 18:30	18:30 - 19:30	19:30 - 20:30	18:00 - 19:00	19:00 - 20:00
TUE	LBT	LBT	KARATE	SPIN	SPIN	
	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	18:00 - 19:00	19:00 - 20:00	
WED	ZUMBA	KIDS FIGHTING FIT (£)	AEROBICS	LBT	SPIN	SPIN
	09:30 - 10:30	17:15 - 18:00	18:00 - 19:00	19:00 - 20:00	18:00 - 19:00	19:00 - 20:00
THU		PILATES	AEROBICS		SPIN	KARATE
		17:30 - 18:30	18:30 - 19:30		18:00 - 19:00	19:30 - 20:30
FRI	CIRCUITS		ZUMBA	ZUMBA	SPIN	
	07:00 - 08:00		18:45 - 19:30	19:30 - 20:15	18:00 - 19:00	
SAT	BABY BALLET	SPIN	KIDS KARATE (£)	KICK BOXING		
	09:00 - 12:00	10:00 - 11:00	12:00 - 13:00	13:00 - 14:00		
SUN	SPIN					
	11:00 - 12:00					