




# CAMBRIDGE EXERCISE CLASSES

Monday	Class	Level	Instructor	Room	Key
10:00 – 11:00	Barre Fit	All	Katy	Studio	
17:30 – 18:15	Pole Fit	All	Hazel/James	Studio	
19:00 – 20:00	Pound Rock	All	Anna	MR 1/2	
Tuesday	Class	Level	Instructor	Room	Key
10:00 – 11:00	Body Tone and Shape	All	Karim	Studio	
18:15 – 19:00	Step	All	Steve/Alicia	MR 1/2	
19:15 – 20:00	Street Dance	All	Martyna	MR 1/2	
Wednesday	Class	Level	Instructor	Room	Key
10:00 – 11:00	Pilates	Beg	Sarah	MR 1/2	
18:00 – 18:50	Yoga	All	Ieva	MR 1/2	
19:00 – 19:45	Glutes and Abs	All	Daisy	MR 1/2	
Thursday	Class	Level	Instructor	Room	Key
10:00 – 10:45	Dance Aerobics	Int	Katy	Studio	
18:30 – 19:15	Zumba	All	Victor	MR 1/2	
19:30 – 20:15	Pump It	All	Victor	MR 1/2	
Friday	Class	Level	Instructor	Room	Key
12:30 – 13:30	Sivananda Yoga	All	Yolande	MR 1/2	
Saturday	Class	Level	Instructor	Room	Key
09:30 – 10:15	Zumba	All	Marta	Studio	

## KEY

-  **Energise & Burn**  
High energy classes burn calories and improve fitness
-  **Strengthen & Condition**  
Strengthen and tone your muscles while burning calories
-  **Mind & Body**  
Physical relaxation and mental invigoration promoting good posture

We reserve the right to cancel or change classes without or at short notice. Please follow our social media for daily updates.

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