
















# CAMBRIDGE EXERCISE CLASSES

Monday	Class	Level	Instructor	Room	Key
10:00 – 11:00	Barre Fit	All	Katy	Studio	
18:00 – 18:45	Pole Fit	All	Hazel/James	Studio	
19:00 – 20:00	Zumba	All	Raquel	MR 1/2	
Tuesday	Class	Level	Instructor	Room	Key
10:00 – 11:00	Stretch & Relax	All	Katy	Studio	
18:00 – 19:00	Pump It	All	Dicky	MR 1/2	
19:15 – 20:15	Yoga	All	Floss	MR 1/2	
Wednesday	Class	Level	Instructor	Room	Key
10:00 – 11:00	Zumba Gold	All	Karen	Studio	
18:00 – 18:50	Pure Core and Glute	All	Karim	MR 1/2	
19:00 – 19:45	Yoga Flow	All	Daisy	MR 1/2	
Thursday	Class	Level	Instructor	Room	Key
10:00 – 10:45	Dance Aerobics	Int	Katy	Studio	
18:00 – 19:00	Integral Yoga	All	Yolande	MR 1/2	
19:15 – 20:05	Zumba Dance & Tone	All	Karen	MR 1/2	
Friday	Class	Level	Instructor	Room	Key
10:45 – 11:45	Pilates	Beg	Elena	MR 1/2	
Saturday	Class	Level	Instructor	Room	Key
10:00 – 11:00	Zumba	All	Marta	MR 1/2	
Sunday	Class	Level	Instructor	Room	Key
11:00 – 12:00	Brazillian Rhythms	All	Raquel	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

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