



Caterham School Sports Centre

Fitness Class Programme

MONDAY:	19.30 – 20.15	Pilates
	20.15 – 21.00	Pilates
TUESDAY:	19.30 – 20.30	Let's Get Physical
WEDNESDAY:	19.15 - 20.15	Yoga
THURSDAY:	19.00 – 20.00	Aerobics
	20.15 – 21.15	Circuit Training

	Members	Non Members
Pilates	£2	£3
Let's Get Physical	£6	£6
Aerobics	£3	£4
Circuit Training	£6	£6
Yoga	£8 per class discounts for block bookings. First Class £5	

Please note "Let's Get Physical" and "Circuit Training" are private hire classes, therefore booking is required via Rachael Ansell: Tel: 07878 161 246 Email: rachaelmayansell@gmail.com. No booking is required for any other classes. For further information and any other enquiries please don't hesitate to contact us on: sportscentre.enquiries@caterhamschool.co.uk