Caterham School Sports Centre

Group Exercise Class Programme

MONDAY:	19.30 – 20.15	Pilates
	20.15 – 21.00	Pilates
TUESDAY:	19.30 – 20.30	Circuit Training
	(This class is temporarily not running)	
THURSDAY:	19.00 – 20.00	Aerobics
	(This class is temporarily not running)	
	20.15 – 21.15	Circuit Training
	(This class is temporarily not running)	

	Members	**Non Members**
Pilates	£2	£3
Circuit Training	£6	£6
Aerobics	£3	£4
Circuit Training	£6	£6

Please note "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