



## Calso Health & Fitness Club

28-30 Letchworth Drive, Bromley, Kent BR2 9BE

Tel: 0208 466 0506 or 0208 460 9922

www.calso.com

# CLASS TIMETABLE

TIME	CLASSES - All £7.50	LEVELS
<b>MONDAY</b>		
9.30 - 10.30 am	Get in Shape	B/I/A
10.30 - 11.30 am	Yoga	B/I/A
1.30 - 2.30 pm	50+ Keep Fit Class - gym	B/I
2.30 - 3.30 pm	50+ Keep Fit Class - gym	B/I
5.00 - 6.00 pm	Junior Gym	B/I
<b>6.00 - 7.00 pm</b>	<b>Slimming and Shape-up Club - (See below)</b>	-
7.00 - 8.00 pm	Ladies Circuit	B/I/A
8.00 - 9.00 pm	Gym-Athlon Circuit - gym	I/A
<b>8.00 - 9.45 pm</b>	<b>Karate - (See below)</b>	<b>B/I/A</b>
<b>TUESDAY</b>		
9.30 - 10.30 am	Spin & Gym - gym* (See below)	B/I/A
2.00 - 3.00 pm	50+ Keep Fit Class - gym	B/I
3.00 - 3.30 pm	Stretch Class	B/I/A
7.15 - 8.00 pm	Spin	B/I/A
<b>WEDNESDAY</b>		
9.30 - 10.30 am	Step & Shape Circuit	B/I/A
10.30 - 12.00 pm	Line Dancing	B/I/A
6.00 - 7.00 pm	Group Personal Training Circuit - gym	B/I/A
7.30 - 8.30 pm	Ultimate Circuit Challenge	A
<b>THURSDAY</b>		
9.30 - 10.30 am	Body Conditioning	B/I/A
<b>11.30 - 12.30 pm</b>	<b>Slimming and Shape-up Club - (See below)</b>	-
1.30 - 2.30 pm	50+ Keep Fit Class - gym	B/I
2.30 - 3.30 pm	50+ Keep Fit Class - gym	B/I
5.00 - 6.00 pm	Junior Gym	B/I
7.15 - 8.00 pm	Spin	B/I/A
8.00 - 9.00 pm	Gym-Athlon Circuit - gym	B/I/A
<b>FRIDAY</b>		
9.30 - 10.30 am	Spin & Gym - gym (refer to note below)* (See below)	B/I/A
<b>10.30 - 11.30 am</b>	<b>Zumba - (See below)</b>	<b>B/I/A</b>
5.00 - 6.00 pm	Junior Gym	B/I
7.00 - 8.00 pm	Box Fit Circuit	B/I/A
<b>SATURDAY</b>		
9.45 - 10.30 am	Spin	B/I/A
10.30 - 11.30 am	Group Personal Training Circuit - gym	B/I/A
<b>12.30 - 1.30 pm</b>	<b>Slimming and Shape-up Club - (See below)</b>	-
<b>SUNDAY</b>		
9.30 - 10.15 am	Spin	B/I/A
10.15 - 11.00 am	New Body Circuit	B/I/A
<b>11.00 - 12.00 pm</b>	<b>Slimming and Shape-up Club - (See below)</b>	-

These classes are not included in the Membership. Pay every five weeks, with five classes costing just £37.50. CALSO MEMBERS WILL RECEIVE A 20% DISCOUNT.

These classes are not included in the Class Membership. Non members £6.00, Calso members £5.00

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\*9.30-10am they are in the spin room and from 10-10.30am they are in the gym. Please note that for the half hour they take place in the gym, other members may not use the gym.

B=BEGINNER, I=INTERMEDIATE, A=ADVANCED LEVELS: B

PLEASE BOOK FOR ALL LESSONS