









# WEEKLY PAYG CLASSES - TIMETABLE - 2017

<b>MONDAY</b>	5pm-5.45pm		Cheshire County Sports Club, Upton, CH2 1PR	Pay-as-you-go £4.50
<b>MONDAY</b>	6pm-7pm	Kettlebell HIIT (HIIT vs Circuit)	Cheshire County Sports Club, Upton, CH2 1PR	Pay-as-you-go £4.50
<b>MONDAY</b>	7.15pm-8pm		Cheshire County Sports Club, Upton, CH2 1PR	Pre-book at reception 01244 318167 @ £5
<b>TUESDAY</b>	6.30am-7.15am	MetaBOOST HIIT 'rise & shine' (HIIT vs Circuit)	Cheshire County Sports Club, Upton, CH2 1PR	Pay-as-you-go £4.50 (10 class pass @ £35)
<b>TUESDAY</b>	6pm-7pm		United Reformed Church, Heath Road, Upton, CH2 1HX	Pay-as-you-go £4.50 (10 class pass @ £35)
<b>TUESDAY</b>	8.15pm-9pm		Cheshire County Sports Club, Upton, CH2 1PR	Pre-book at reception 01244 318167 @ £5
<b>WEDNESDAY</b>	9.30am-10.15am		Cheshire County Sports Club, Upton, CH2 1PR	Pre-book at reception 01244 318167 @ £5
<b>THURSDAY</b>	8.15pm-9pm		Cheshire County Sports Club, Upton, CH2 1PR	Pre-book at reception 01244 318167 @ £5
<b>FRIDAY</b>	9.30am-10.15am		Cheshire County Sports Club, Upton, CH2 1PR	Pay-as-you-go £4.50
<b>FRIDAY</b>	10.30am-11.30am	Pilates Flow (heated studio)	Cheshire County Sports Club, Upton, CH2 1PR	Pay-as-you-go £4.50
<b>FRIDAY</b>	8.30pm-10pm (monthly TBC check website) (drinks in the bar afterwards so dress to feel your best!)	Body BOOST 'Strut & Slink' (empowering dance & body confidence boosting session)	Cheshire County Sports Club, Upton, CH2 1PR	£10 per person (pre-book online)
<b>SATURDAY</b>	12pm-2pm (monthly) Check dates <a href="http://www.zumbablast.co.uk">www.zumbablast.co.uk</a>		Cheshire County Sports Club, Upton, CH2 1PR	£5 per person (pre-book online, pay on the door) Class Fitness FOC

**PRE-BOOK ONLINE OR CALL 07712 538492**

**FIT AS FUNK**  
[www.chesterbootcamp.co.uk](http://www.chesterbootcamp.co.uk)