

CMC Sports & Social Club

University Hospital of Wales, Heath Park, CF14 4XW

**New Timetable from May 2022**

**Classes can be booked and paid for 48 hours ahead**

**All bookings are non-refundable and non-transferrable**

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| **Monday** | **Class** | **Instructor\*****\*Subject to change** | **Time** |
| **5pm** | **Spin** | **Sian** | **45mins** |
|  |  |  |  |
| **Tuesday** | **Class** | **Instructor** | **Time** |
| **5pm** | **Yoga Balance** | **Gemma** | **55mins** |
|  |  |  |  |
| **Wednesday** | **Class** | **Instructor** | **Time** |
| **5pm** | **Spin** | **Sian** | **45 mins** |
| **7pm** | **Weight Circuits** | **Mark** | **60 mins** |
|  |  |  |  |
| **Thursday** | **Class** | **Instructor** | **Time** |
| **5pm** | **Yoga Balance** | **Gemma**  | **55 mins** |
|  |  |  |  |
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**CHARGE PER CLASS Member Guest**

 **£4.25 £6.85**

For further information call (029) 207-42440 or

email info@cmcsportsandsocialclub.co.uk

Suitable for all levels of fitness

oParty yourself into shape!!