**CAMBRIDGE GYM**

**SUMMER Class Programme**

From Monday 30th July – Sunday 2nd September

**Monday**

18:15 – 19.00 Zumba All Barbora

**Tuesday**

10:00 – 11:00 Yoga All Leyla

18:00 – 18:45 Step Aerobics All Aymen

18:15 – 19:00 Jazzercise All Molly

19:15 – 20:15 Belly Dancing All Leyla

19:15 – 20:15 Thai Boxing All Chris

**Wednesday**

11:00 – 12:00 Pilates Int Judit **From 16th Aug**

18:30 – 19:30 Yoga Flow Int/Adv Susana

19:00 – 19:45 Step & Tone All Steve

19:30 – 20:30 Beginner Yoga Beg Susana

**Thursday**

18:00 – 19:00 Hatha Yoga All Leyla

18:15 – 19:00 Zumba All Raquel

19:15 – 20:00 Barre Fit All Stephanie

**Friday**

12:30 – 13:30 Sivanda Yoga All Yolande

18:00 – 19:00 Ashtanga Vinyasa All Susana

19:15- 20:30 Acro Yoga All Susana