



TIMETABLE

MONDAY

18:00-18:45 - Spin
(Outdoors) Emma

19:15-20:00 - Zumba
(Indoor & Virtual) Emma

20:00-20:30 - Legs, Bums
& Tums (Indoor & Virtual)

TUESDAY

17:15-17:45 - Legs, Bums
and Tums (Indoor &
Virtual)

18:00-18:45 - Bodysculpt
(Indoor) Heather

19:00-19:30 - HIIT Blast
(Indoor & Virtual)

20:15-21:00 - Pilates
(Indoor) Ryan

WEDNESDAY

17:15-17:45 - HIIT Blast
(Indoors & Virtual)

19:00-19:30 - Legs, Bums
& Tums (Indoor & Virtual)

20:00-20:30 - Body Blitz
Core (Indoor & Virtual)

THURSDAY

18:00-18:45 - Bootcamp
(Outdoors)

19:00-19:45 - Yoga
(Indoor & Virtual) Alison

20:00-20:30 - Abs Attack
(Indoor & Virtual)

FRIDAY

17:15-17:45 - Body Blitz
Upper (Indoor & Virtual)

18:00-18:45 - Pilates
(Indoor) Mireille

SATURDAY

09:00-09:45 - Yoga
(Indoor & Virtual)
Alison/Rashma

10:30-11:15 - Zumba
(Outdoors/Indoors)
Emma

11:30 - 11:50 - Abs Attack
(Indoor & Virtual)

12:00-12:45 - Bootcamp
(Indoor & Virtual)

SUNDAY

08:30-09:00 - Wake up
Workout (Indoor &
Virtual)

10:15-11:00 - Fat Burn
(Indoor & Virtual)

PLEASE NOTE

- Indoor Classes will take place either in the hall, studio or school
- Bodysculpt won't start until June 1st