



# Class Timetable

## Monday

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

**19:00-19:30** - Fat Burn  
(Virtual)

**20:00-20:30** - Abs  
Attack (Outdoors)

## Tuesday

**18:00-18:45** - Pilates  
(Outdoors) Ryan

**19:00-19:30** - Legs,  
Bums & Tums  
(Outdoors)

**20:00-20:30** - HIIT Blast  
(Virtual)

## Wednesday

**17:15-17:45** - HIIT Blast  
(Outdoors)

**18:00-18:45** - Yoga  
(Virtual) Allison

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

**20:00-20:30** - Body Blitz  
Core (Virtual)

## Thursday

**18:00-18:45** - Zumba  
(Outdoors) Emma

**19:00-19:45** - Bootcamp  
(Outdoors)

**20:00-20:30** - Abs  
Attack (Virtual)

## Friday

**17:15-17:45** - Legs,  
Bums & Tums  
(Outdoors)

**18:00-18:45** - Pilates  
(Virtual) Mireille

**19:00-19:30** - Body Blitz  
Core (Outdoors)

## Saturday

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

**10:30-11:15** - Zumba  
(Virtual) Emma

**11:30-11:50** - Abs Attack  
(Outdoors)

**12:00-12:45** - Bootcamp  
(Outdoors)

## Sunday

**08:30-09:00** - Wake Up  
Workout (Virtual)

**10:15-11:00** - Fat Burn  
(Outdoors)

### **In case of poor weather:**

- Abs Attack, Pilates, Zumba & Body Blitz Core will become Virtual Classes
- Fat Burn, Legs, Bums & Tums, HIIT Blast and Bootcamp will continue to take place. Therefore, please wear suitable clothing
- Spin will be cancelled