



LIVE-STREAMED CLASSES

	MONDAY	
BODY BLITZ	9.30AM-10.15AM	TRACY
TUMS AND BUMS	6.30PM-7.15PM	AGNIESZKA
MINDFULNESS	7.30PM-8.15PM	ALISON
	TUESDAY	
CORE CARDIO	10.15AM-11.00AM	CLAIRE D
TABATA	6.00PM-6.45PM	JO
KONGA	7.00PM-7.45PM	BECKY
	WEDNESDAY	
PILATES	9.30AM-10.15AM	IVAN
BOX FIT	11.00-11.45AM	TRACY
BODY BLITZ	7.00PM-7.45PM	FUMI
	THURSDAY	
COMPLETE CONDITIONING	10.00AM-10.45AM	BERNIE
KETTLE BELLS	6.00PM-6.45PM	JEAN
YOGA	7.00PM-8.00PM	DAWN
	FRIDAY	
HIIT AND TONE	9.30AM-10.15AM	CLAIRE D
50+ FITNESS	11.00AM-11.45AM	FUMI
	SATURDAY	
AEROBIC TONE	9.30AM-10.15AM	FUMI
PILATES	11.00AM-11.45AM	DAWN
	SUNDAY	
POWER HIIT	10.00AM-10.45AM	DANNY