

LIVE ONLINE ZOOM CLASSES

TIMETABLE



MONDAY

18:30 | BODY PUMP

TUESDAY

09:30 | BODY CONDITIONING

10:45 | PILATES

18:00 | BODY COMBAT

WEDNESDAY

09:00 | LEGS, BUMS 'N' TUMS

17:45 | HIIT CONDITION

THURSDAY

09:30 | BODY PUMP

18:30 | ZUMBA

FRIDAY

09:15 | FLEXFIT

10:30 | HIIT CORE

19:00 | BODY BALANCE

SATURDAY

09:30 | PILATES

10:45 | BODY PUMP

SUNDAY

09:45 | BODY SCULPT

11:00 | ZUMBA

WHILST WE CAN'T BE TOGETHER, LET'S HANG OUT ON ZOOM AND
KEEP FIT! CLASS LINKS ARE AVAILABLE TO MEMBERS AND NHS STAFF