

Virtual Fitness Timetable

Instructor

Monday	07:00 - 07:30	H.I.I.T	Laura
	08:00 - 08:30	CORE30	Laura
	09:30 - 10:00	Kettlebells	Laura
	12:00 - 13:00	Pilates	Corinne
	17:15 - 17:45	H.I.I.T	Kellie
	18:00 - 18:30	Arms & Abs	Kellie

Tuesday	07:00 - 07:30	H.I.I.T	Claire
	08:00 - 08:30	CORE30	Claire
	09:30 - 10:00	Kettlebells	Claire
	11:00 - 12:00	Zumba	Marnie
	12:00 - 13:00	Hatha Yoga	Jo
	17:15 - 17:45	H.I.I.T	Kellie
	18:00 - 18:30	LBT	Kellie
	18:00 - 19:00	Vinyasa Yoga	Jo
	19:00 - 19:30	PARKShred	Kellie
	20:00 - 20:40	Zumba	Marnie

Wednesday	07:00 - 07:30	H.I.I.T	Kellie
	08:00 - 08:30	CORE30	Kellie
	09:30 - 10:00	PARKShred	Kellie
	12:00 - 13:00	Pilates	Jo
	17:15 - 17:45	H.I.I.T	Claire
	18:00 - 18:30	Kettlebells	Claire
	20:00 - 20:45	Yogalates	Corinne

Thursday	06:45-07:45	Sunrise Yoga	Corinne
	07:00 - 07:30	H.I.I.T	Kellie
	08:00 - 08:30	Arms & Abs	Kellie
	09:30 - 10:00	Kettlebells	Kellie
	11:00 - 11:45	Zumba	Marnie
	12:00 - 13:00	Hatha Yoga	Jo
	17:15 - 17:45	H.I.I.T	Lisa
	18:00 - 18:30	Yin Yoga	Corinne
	19:00 - 19:30	L.B.T	Lisa
	19:30 - 20:30	Mindfulness, Life Coaching and Meditation	Alison

Friday	07:00 - 07:30	H.I.I.T	Claire
	09:30 - 10:00	H.I.I.T	Laura
	10:30 - 11:30	Pilates	Jo
	17:00 - 17:30	Junior Zumba	Marnie
	17:15 - 17:45	H.I.I.T	Claire

Saturday	08:00 - 08:30	H.I.I.T	Kellie/Claire
	08:00 - 09:00	Fusion Yoga	Corinne
	08:45 - 09:15	Kettlebells	Kellie/Claire

Sunday	08:30- 09:00	H.I.I.T	Lisa
	09:15 - 09:45	CORE30	Lisa

