



Onsite & Virtual Fitness

Timetable

Monday	07:00-07:30	Park H.I.I.T	Cyclopark	Claire
	09:15 – 10:00	SPINCORE	Cyclopark	Lisa
	10:00 – 10:45	Body Conditioning	Cyclopark	Claire
	10:15 – 11:00	Parent and baby spin	Cyclopark	Lisa
	12:00 – 13:00	Pilates	CP & zoom	Dawn
	17:15 - 17:45	Park H.I.I.T	Cyclopark	Kellie
	17:15 – 17:45	Express spin	Cyclopark	Di
	18:00 – 18:45	Spin	Cyclopark	Di
	18:00 – 18:45	Kettlebells	Cyclopark	Laura
	19:00 – 19:30	Park H.I.I.T	Cyclopark	Kellie
	19:00 – 20:00	Hatha Yoga	CP & zoom	Dawn

Tuesday	07:00 - 07:30	H.I.I.T	Cyclopark	Agnes
	07:45 - 08:15	EXPRESS SPIN	Cyclopark	Agnes
	09:15 – 10:00	Kettlebells	Cyclopark	Claire
	10:15 - 10:45	EXPRESS SPIN	Cyclopark	Claire
	12.00 – 12.30	EXPRESS SPIN	Cyclopark	Claire
	13.30- 14.30	Hatha Yoga	Cyclopark	Jo
	17:15 - 17:45	H.I.I.T	CP & zoom	Kellie
	18:00 - 18:45	LBT	Cyclopark	Lisa
	18:00 - 18:30	EXPRESS SPIN	Cyclopark	Kellie
	19:00 – 19:45	SPIN	Cyclopark	Laura W
	18:00 - 19:00	Vinyasa Yoga	Cp & zoom	Jo
	19:00 - 19:30	PARK Shred	Cyclopark	Kellie
	20.00 – 21.00	Zumba	CP & zoom	Marnie

Wednesday	07:00 - 07:30	H.I.I.T	CP & zoom	Kellie
	09:30 – 10:00	EXPRESS SPIN	Cyclopark	Kellie
	10:15 – 10:45	LBT	Cyclopark	Kellie
	11:00 – 12:00	Pilates	CP & zoom	Dawn
	12:15 - 13:15	Zumba	CP & zoom	Marnie
	14.00– 14.45	Chair Fit and Chat	Cp & zoom	Vicki
	17:15 - 17:45	H.I.I.T	Cyclopark	Claire
	18.:00- 18.45	Kettlebells	Cyclopark	Claire
	19.00 – 20.00	Ashtanga Yoga	CP & zoom	James
	19:00 – 19:45	SPIN	Cyclopark	Claire

Zoom meeting ID: 599 565 2782
Zoom Password: 1234



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Thursday	06:45-07:30	SUNRISE YOGA	CP & zoom	Dawn
	07:00 - 07:30	H.I.I.T	CP & zoom	Kellie
	07:45 - 08:15	EXPRESS SPIN	Cyclopark	Kellie
	09.15-10.00	Vinyasa Yoga	CP & zoom	Jo
	09:15 - 09:45	PARK Shred	Cyclopark	Kellie
	10:00 – 10:45	Parent and Baby Kettlebells	Cyclopark	Donna
	17:15 - 17:45	Bootcamp	Cyclopark	Claire
	18:00 - 19:00	YIN Yoga	CP & zoom	Corrine
	18:00 - 18:45	SPIN	Cyclopark	Laura
	19.00 – 19.30	EXPRESS SPIN	Cyclopark	Laura
	19.00 – 19.45	Bums, Tums & Thighs	Cyclopark	Lisa
	19:30 - 20:30	Mindfulness, Life Coaching & Meditation	Zoom	Alison
	20.15 – 21.00	Dance Fitness	Cyclopark	Zoe

Friday	09:00 – 09:45	SPIN	Cyclopark	Laura
	11.00-11.45	Parent and baby Spin	Cyclopark	Kellie
	10:00 - 10:30	H.I.I.T	Cyclopark	Laura
	10:30 - 11:30	Pilates	CP & zoom	Jo L
	12.00 – 13.00	Dance Fitness	Cyclopark	Zoe
	17:00- 17:30	Junior Zumba	Cyclopark	Marnie
	17.45 – 18.15	Kettlebells	Cyclopark	Kellie/Agnes
	18:30 – 19:15	SPIN	Cyclopark	Kellie/Agnes

Saturday	08:00 - 08:30	H.I.I.T	Cyclopark	Kellie/Claire
	08:00 - 09:00	Fusion Yoga	Cyclopark	Corinne
	08:45 - 09:15	Express Spin	Cyclopark	Kellie/Claire
	09:30 – 10:00	Kettlebells	Cyclopark	Kellie/Claire
	10:15 – 11:00	Spin	Cyclopark	Kellie/Claire

Sunday	08:15 - 09:45	HIIT	Cyclopark	Laura
	09:00 – 09:45	SPIN	Cyclopark	Laura
	10:00 – 10:30	CORE30	Cyclopark	Laura

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