



# Onsite & Virtual Fitness

## Timetable

|               |               |                      |                  |        |
|---------------|---------------|----------------------|------------------|--------|
| <b>Monday</b> | 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        | Laura  |
|               | 18:00 – 18:45 | Spin                 | Cyclopark        | Kellie |
|               | 18:00 – 18:45 | Kettlebells          | Cyclopark        | Laura  |
|               | 18:30 – 19:15 | Barre Strength       | Cyclopark & zoom | Nicola |
|               | 19:00 – 19:30 | Park H.I.I. T        | Cyclopark        | Kellie |
|               | 19:00 – 20:00 | Hatha Yoga           | CP & zoom        | Dawn   |
|               | 19:30 – 20:15 | Bootcamp             | Cyclopark        | Nicola |

|                |               |              |           |         |
|----------------|---------------|--------------|-----------|---------|
| <b>Tuesday</b> | 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  |

|                  |               |                    |           |        |
|------------------|---------------|--------------------|-----------|--------|
| <b>Wednesday</b> | 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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|                 |               |   |           |         |
|-----------------|---------------|---|-----------|---------|
| <b>Thursday</b> | 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   |
|                 | 11:30 – 12:15 | Chair Fit for All                       | Cyclopark | Agnes   |
|                 | 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     |

|               |               |                      |           |              |
|---------------|---------------|----------------------|-----------|--------------|
| <b>Friday</b> | 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       |
|               | 17:15 – 18:00 | Velo Fit             | Cyclopark | Jimmy        |
|               | 17.45 – 18.15 | Kettlebells          | Cyclopark | Kellie/Agnes |
|               | 18:30 – 19:15 | SPIN                 | Cyclopark | Kellie/Agnes |

|                 |               |              |           |               |
|-----------------|---------------|--------------|-----------|---------------|
| <b>Saturday</b> | 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 |

|               |               |        |           |       |
|---------------|---------------|--------|-----------|-------|
| <b>Sunday</b> | 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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