



# Onsite & Virtual Fitness

## Timetable

<b>Monday</b>	07:00-07:30	Park H.I.I.T	Cyclopark	Claire
	09:15 – 10:00	Express spin-core	Cyclopark	Lisa
	10:00 – 10:45	Body Conditioning	Cyclopark	Claire
	10:15 – 11:00	Parent and baby spin	Cyclopark	Lisa
	11:30 – 12:30	Pilates	CP & zoom	Dawn
	14:00 – 14:45	Chair Fit and chat	Cyclopark	Agnes
	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	Kellie
	18:00 - 18:30	EXPRESS SPIN	Cyclopark	Lisa
	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	Core30	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
	20.15 – 21.00	Dance Fitness	Cyclopark	Zoe

<b>Friday</b>	09:00 – 09:45	SPIN	Cyclopark	Laura
	10:00 - 10:30	H.I.I.T	Cyclopark	Laura
	10:30 - 11:30	Pilates	CP & zoom	Jo L
	11.00-11.45	Parent and baby H.I.I. T	Cyclopark	Kellie
	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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