



# LIVE-STREAMED CLASSES

	<b>MONDAY</b>	
HIIT	9.30AM-10.15AM	TRACY
TUMS AND BUMS	6.30PM-7.15PM	AGNIESZKA
	<b>TUESDAY</b>	
CORE CARDIO	10.15AM-11.00AM	CLAIRE D
KONGA	7.00PM-7.45PM	BECKY
	<b>WEDNESDAY</b>	
PILATES	9.30AM-10.15AM	IVAN
BODY BLITZ	7.00PM-7.45PM	FUMI
	<b>THURSDAY</b>	
COMPLTE CONDITIONING	10.00AM-10.45AM	BERNIE
YOGA	7.00PM-8.00PM	DAWN
	<b>FRIDAY</b>	
HIIT AND TONE	9.30AM-10.15AM	CLAIRE D
	<b>SATURDAY</b>	
TABATA	9.30AM-10.15AM	JO
	<b>SUNDAY</b>	
POWER HIIT	10.00AM-10.45AM	VARIOUS

**Please note from Saturday 23<sup>rd</sup> January the session will change to -  
AEROBIC TONE with FUMI**