

May Bank Holiday

FITNESS TIMETABLE

(Monday 6th May)

AM

8:15

Circuits
with Danny

9:15

Pilates and Stretch
with Beth

9:30

Zumba
with Jack

9:40

Stages Cycle & Stretch
with Charlie

10:30

Freestyle Pump
with Helena

10:45

Outdoor Bootcamp
with Charlie

11:30

Postnatal Circuits
with Kelly

11:45

Pilates
with Beth

PM

12:30

Low Impact Workout
with Kelly

12:30

VIRTUAL Stages Cycle

16:25

VIRTUAL Stages Cycle

17:20

VIRTUAL Stages Cycle

18:15

Stretch Yoga
with Emma

18:15

Boxercise
with Millie

19:05

Jazz Dance
with Kelly

19:15

Functional Fitness
with Millie

19:15

Restorative Yoga
with Emma

19:30

VIRTUAL Stages Cycle