

## ONLINE TIMETABLE (STARTING MONDAY 27 JULY)

### ONLINE (ZOOM) TIMETABLE – STARTING MONDAY 27 JULY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
07.00										
07.15										
07.30	HIIT Sarah B									
07.45										
08.00										
08.15										
08.30										
08.45										
09.00										
09.15						HIIT Lauren				
09.30			Body Conditioning Mandy	HIIT Lauren	Insanity Pat					
09.45										
10.00										
10.15						Adult Tap Dancing Petrina				
10.30	Body Balance Helen	Yoga Linda	Pilates Kelly	Body Conditioning Lauren						
10.45										
11.00										
11.15										
11.30										
11.45				Seated Dance Oni						
12.00		Lunchtime Stretch Sarah B	Health Condition Circuit Pat							
12.15										
12.30										
12.45				Lunchtime Stretch Kelly						
13.00										
13.15										
13.30										
13.45										
14.00	Mindfulness Penny		Mindfulness Penny		Mindfulness Penny					
14.15										
14.30										
No classes between 14.45 and 18.15										
18.30				LBT Kelly						
18.45										
19.00										
19.15										
19.30	Yoga Delray	Body Attack Mandy	Yoga Linda							
19.45										
20.00										
20.15										
20.30										

- CALORIE BURN
- STRENGTH & TONE
- DANCE
- STRENGTH & TONE
- RELAXATION