

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	ONLINE VIA ZOOM						
6.30							
6.45							
7.00							
7.15							
7.30							
7.45							
8.00							
8.15							
8.30							
8.45							
9.00							
9.15							
9.30						HIIT Sarah	Body Conditioning Sarah
9.45	HIIT Sarah B		Body Conditioning Mandy	HIIT Lauren			
10.00							
10.15							
10.30	Body Balance Helen	Yoga Linda	Pilates Kelly	Body Conditioning Lauren			
10.45							
11.00							
11.15							
11.30							
11.45							
12.00		Lunchtime Stretch Sarah B		Seated Dance Oni			
12.15							
12.30							
12.45				Lunchtime Stretch Kelly			
13.00							
13.15							
13.30			Health Conditioning Circuit Pat				
13.45							
14.00							
14.15							
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16.00							
16.15							
16.30							
16.45							
17.00							
17.15							
17.30							
17.45							
18.00		Body Attack Mandy					
18.15							
18.30				LBT Kelly			
18.45							
19.00							
19.15							
19.30	Body Balance Amy		Yoga Linda				
19.45							
20.00							
20.15							
20.30							

CALORIE BURN
SPECIALITY
RELAXATION
STRENGTH & TONE

If you book online you will receive an email with the Zoom access codes up to 90 minutes before the class start time. If you do not receive this email please call us on 01708 766211. Classes are subject to change as our Digital (live) and venue programmes develop; feedback on times and class types is always welcome at fitnessforyou@ymcatg.org.