

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	ONLINE VIA ZOOM						
8.00							
8.15							
8.30	8:30am + Body Pump Mandy				8:30am + Insanity Pat		
8.45							9:00am Body Conditioning Sarah
9.00							
9.15							
9.30	9:30am	9:30am +	9:30am	9:30am	9:30am	9:30am	
9.45	HIIT	HIIT / Circuit	Body Conditioning	HIIT	LBT	HIIT	
10.00	Sarah	Roy	Mandy	Sarah	Mandy	Sarah	
10.15							10:00am + Yoga Delray
10.30	10:30am	10:30am	10:30am	10:30am	10:30am +		
10.45	Body Balance	Yoga	Pilates	Body Conditioning	Body Pump		
11.00	Marijke	Linda	Kelly	Sarah	Jo		
11.15							
11.30							
11.45	11.45am +			11:45am		Friday	
12.00	Rehab	12:00pm	12:00pm	Seated Dance		From 9:45am	
12.15	Kim	Lunchtime Stretch	Health Conditioning Circuit	Oni		Adult Tap Dancing	
12.30		Sarah	Pat			Petrina	
12.45				12:45pm			
13.00				Lunchtime Stretch			
13.15				Kelly			
13.30							
13.45							
14.00							
14.15							
14.30			2:30PM +				
14.45			Body Conditioning				
15.00			Len				
15.15							
15.30							
15.45							
16.00							
16.15							
16.30							
16.45							
17.00							
17.15							
17.30				5:30pm +			
17.45				Pilates			
18.00		6:00pm		Roy			
18.15	6:15pm +	Body Attack					
18.30	Fitball	Mandy					
18.45	Jo		6:30pm +	6:30pm			
19.00			Hi/Low Cardio Workout	LBT			
19.15		7:00pm +	Jo	Kelly			
19.30	7:30pm	Ladies Only Fitness					
19.45	Body Balance	Alex	7:30pm				
20.00	Marijke		Yoga				
20.15			Linda				
20.30							

CALORIE BURN
SPECIALITY
RELAXATION
STRENGTH & TONE
DANCE
MINDFULNESS

* Children's Dance Classes require registration in advance

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.