

DIGITAL LIVE TIMETABLE via ZOOM
 AVAILABLE FROM 19th July ONWARDS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	ONLINE VIA ZOOM						
8.00							
8.15							
8.30							
8.45							
9.00							
9.15							9:00am Body Conditioning Sarah
9.30	9:30am HIIT Sarah		9:30am Body Conditioning Alex	9:30am HIIT Sarah	9:30am LBT Mandy	9:30am HIIT Sarah	
9.45							
10.00							
10.15							
10.30	10:30am Body Balance Marijke	10:30am Yoga Linda	10:30am Pilates Kelly	10:30am Body Conditioning Sarah			
10.45							
11.00							
11.15							
11.30							
11.45	11:45am Rehab Kim			11:45am + Seated Dance Oni			
12.00		12:00pm Lunchtime Stretch Sarah					
12.15							
12.30				12:45pm Lunchtime Stretch Kelly			
12.45							
13.00							
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18.30							
18.45					6:30pm LBT Len		
19.00							
19.15							
19.30	7.00pm Body Balance Marijke	7.30pm Yoga Linda					
19.45							
20.00							
20.15							
20.30							

CALORIE BURN
SPECIALITY
RELAXATION
STRENGTH & TONE

+ Class available in the venue and from home via Zoom

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.