

Online Fitness Class Timetable

"More than a gym"

	Morning	Afternoon	Evening
Monday	7.30 - 8am Tabata Nicole*	11am - 12noon Pump it up Veronika	5- 5.30pm HIIT Paul
Tuesday	8- 8.30am Legs Glutes and Core Paul	12noon - 12.30pm Functional Workout Mandy	5 - 6pm Pump it up Calum
Wednesday	7.30 - 8am Tabata Nicole*	12noon - 12.30pm Core Calum	6 - 6.30pm Functional Workout Nicole*
Thursday	7.30 - 8am Tabata Nicole*	12noon - 12.30pm Core Calum	6 - 6.30pm Functional Workout Nicole*
Friday	7.30 - 8am Core and HIIT Veronika	12noon - 12.30pm HIIT Nicole *	5 - 5.30pm Legs Glutes and Core Paul
Saturday	9 - 10am Pump it up Calum	10.15 - 10.45am HIIT Calum	
Sunday	9 - 9.30am Strength Circuit Paul	10 - 10.30am Metafit Paul	

***This class will be pre-recorded**