

JANUARY 2021 ZOOM TIMETABLE

Monday		H.I.I.T Step 9:30 - 10:00am	Upper body Sizzler 10:00 - 10:45am	Pilates 10:30 - 11:30am	Body Balance 11:30am - 12:15pm	NEW! Body Attack 6:00 - 6:30pm	Fat Burn Extreme 6:30 - 7:00pm	Pilates 7:00 - 8:00pm
		Danielle	Danielle	Sheryl	Danielle	Emma	Sam	Sheryl
Tuesday		Full Body Weight Class 9:30 - 10:15am	Yoga 10:00 - 10:45am	Metafit 10:15 - 10:45am		Metafit / H.I.I.T Step 5:30 - 6:00pm	Booty Band Burnout 6:00 - 6:30pm	Body Balance 7:00 - 8:00pm
		Danielle	Nicola	Becky		Danielle	Danielle	Sheryl
Wednesday	Pilates 8:30 - 9:15am	Tabata Boxing 9:30 - 10:00am	Weights class 10:00 - 10:45am		Fat Burn Extreme 12:30 - 1:00pm	Zumba 5:30 - 6:15pm	H.I.I.T Step / Metafit 6:30 - 7:00pm	
		Stacey	Danielle	Danielle	Sam	Becky	Becky	
Thursday		Metafit 9:30 - 10:00am	Abs /Core 10:00 - 10:30am	Yoga 11:15am - 12:00noon		Pilates 5:30 - 6:15pm	Body Balance 7:00 - 7:45pm	
		Danielle	Danielle	Nicola		Stacey	Emma	
Friday		Booty Band / Killer legs 9:30 - 10:00am	Friday Challenge 10:00 - 10:45am	Pilates 10:45 - 11:30am				
		Danielle	Danielle	Stacey				
Saturday		H.I.I.T Step 9:00 - 9:30am	H.I.I.T Boxing 9:30 - 10:00am	NEW! Body Attack 10:30 - 11:00am				
		Danielle	Danielle	Emma				