

## ZOOM TIMETABLE: FEBRUARY 2021

<b>Monday</b>		H.I.I.T Step 9:30 - 10:00am	Upper body Sizzler 10:00 - 10:45am	Pilates 10:30 - 11:30am	Body Balance 11:30 - 12:15pm	Body Attack 6:00 - 6:30pm	Fat Burn Extreme 6:30 - 7:00pm	Pilates 7:00 - 8:00pm
		Danielle	Danielle	Stacey	Danielle	Emma	Sam	Sheryl
<b>Tuesday</b>		LBT 9:15 - 10:00am	Yoga 10:00 - 10:45am	H.I.I.T Cardio 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
<b>Wednesday</b>	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	
<b>Thursday</b>		Metafit 9:30 - 10:00am	Abs / Core 10:00 - 10:30am	Yoga 11:15 - 12:00pm		Pilates 5:30 - 6:15pm	Body Balance 7:00 - 7:45pm	
		Danielle	Danielle	Nicola		Stacey	Emma	
<b>Friday</b>		Booty Band / Killer Legs 9:30 - 10:00am	Friday Challenge 10:00 - 10:45am	Pilates 10:45 - 11:30am				
		Danielle	Danielle	Stacey				
<b>Saturday</b>		H.I.I.T Step 9:00 - 9:30am	H.I.I.T Boxing 9:30 - 10:00am	Body Attack 10:30 - 11:00am				
		Danielle	Danielle	Emma				