

JANUARY LIVE-STREAM SCHEDULE



MONDAY

 Quick HIIT- Claire O. 7:00-7:15	Kettlebells- Claire C. 1800-1830	 	Tabata- Claire C. 1845-1915	 Sleeping Yoga-Sophie 2000-2030
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TUESDAY

 Quick HIIT-Claire O. 7:00-7:15	 Hatha Yoga- Tammy 1000-1100	 Strength & Fitness Fusion- Andy 1730-1815	 Step It Up- Caitlin 1830-1915
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WEDNESDAY

 Quick HIIT-Claire O. 7:00-7:15	 Strength & Fitness Fusion- Chrystal 1000-1100	 Hatton Boxing- Claire 1800-1830	 Pilates- Pavlina 1845-1945
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THURSDAY

Legs, Bums & Tums 1730-1800-Tammy	 	Hatha Yoga- Tammy 1815-1900
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FRIDAY

Quick Morning Hiit- Chrystal 7:45-8:00	 	Pilates- Tammy 1000-1100
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