

FEBRUARY VIRTUAL CLASS TIMETABLE

Classes on Zoom or Livestream via app

MONDAY

ALL STRONG

Quick HIIT- Claire O.
7:00-7:15

Kettlebells- Claire C.
1800-1830

Tabata- Claire C.
1845-1915

Sleeping Yoga-Sophie
2000-2030

TUESDAY

Quick HIIT-Claire O.
7:00-7:15

Step It Up- Caitlin
1830-1915

WEDNESDAY

Quick HIIT-Claire O.
7:00-7:15

Rise and Shine Yoga
Tammy
7:30-8:00

Hatton Boxing
Claire
1800-1830

Power Pilates
Pavlina
1900-1930

THURSDAY

Legs, Bums & Tums
1730-1800-Tammy

Hatha Yoga- Tammy
1815-1900

FRIDAY

Strength & Fitness Fusion- Chrystal
730-800

Pilates- Tammy
1000-10:45

