

WEEK 3 FITNESS CLASS LIVESTREAM TIMETABLE

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MONDAY

Pilates - Kirsty
10:00 - 10:45

HIIT - Kirsty
18:00 - 18:30

TUESDAY

Full Body Workout - Blair
10:00 - 10:45

Core Stability - Rachael
18:00 - 18:45

WEDNESDAY

Stretch & Tone - Kirsty
10:00 - 10:45

HIIT - Blair
18:00 - 18:30

THURSDAY

HIIT - Arlene
10:00 - 10:30

Stretch & Tone - Blair
18:00 - 18:45

FRIDAY

Pilates - Arlene
10:00 - 10:45

Full Body Workout - Rachael
18:00 - 18:45

SATURDAY

Core Stability - Kirsty
10:00 - 10:45

Timetable is subject to change.