

FITNESS ONLINE CLASSES

MONDAY TO FRIDAY AT 10:00

APRIL SCHEDULE

■ 5 TH APR	CORE CONDITIONING AND STRENGTH	■ 16 TH APR	TABATA
■ 6 TH APR	BARRE FITNESS	■ 19 TH APR	CORE CONDITIONING AND STRENGTH
■ 7 TH APR	STRONG	■ 20 TH APR	BARRE FITNESS
■ 8 TH APR	POWER YOGA	■ 21 ST APR	STRONG
■ 9 TH APR	TABATA	■ 22 ND APR	POWER YOGA
■ 12 TH APR	CORE CONDITIONING AND STRENGTH	■ 23 RD APR	TABATA
■ 13 TH APR	BARRE FITNESS	■ 26 TH APR	CORE CONDITIONING AND STRENGTH
■ 14 TH APR	STRONG	■ 27 TH APR	BARRE FITNESS
■ 15 TH APR	POWER YOGA	■ 28 TH APR	STRONG
		■ 29 TH APR	POWER YOGA
		■ 30 TH APR	TABATA

■ FUNCTIONAL CLASS
30MIN

■ FITNESS CLASS
30/40MIN

■ MIND & BODY CLASS
30/40MIN