

## Group Exercise Timetable 17th May 2021 -ONLINE ZOOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:45 -9:45</b> Pilates with Becky		<b>18:00-18:30</b> Abs & Core with Fitness Team	<b>9:00-9:30</b> LBT with Jess	<b>7:45-8:30</b> Rise and Shine Yoga with Emma		<b>10:00-11:00</b> Yoga Flow with Smita
<b>18:30-19:00</b> Hiit & Core with Fitness Team		<b>19:30-20:30</b> Yoga Flow with Smita	<b>18:30-19:30</b> Pilates with Nicky	<b>9:30 - 10:15</b> Bodyweight Bootcamp with Becky		
				<b>10:30-11:30</b> Pilates with Becky		
				<b>17:45-18:15</b> HIITSTEP with Mark		