



## Group Exercise Timetable - ZOOM CLASSES from 1st March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:30-9:00</b> HIIT with Matt	<b>9:00-9:30</b> Total Body Workout with Fitness Team	<b>8:30-9:00</b> HIIT 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>9:00-9:30</b> HIIT & Core with Fitness Team	<b>10:00-11:00</b> Yoga Flow with Smita
<b>9:00-10:00</b> Pilates with Becky	<b>9:30-10:00</b> Abs & Core with Fitness Team	<b>9:15-10:15</b> LBT with Becky	<b>9:30-10:00</b> HIITSTEP with Jess	<b>9:30 - 10:15</b> Bodyweight Bootcamp with Becky		
<b>17:50-18:20</b> HIITSTEP with Mark	<b>17:45-18:15</b> Functional Weights with Fitness Team	<b>10:30-11:15</b> Pilates with Becky	<b>17:40 - 18:00</b> FBX with Fitness Team	<b>10:30-11:30</b> Pilates with Becky		
<b>18:30 - 19:30</b> Vinyasa Yoga Flow with Emma	<b>18:15-19:00</b> Bodyweight Bootcamp with Matt	<b>17:45-18:25</b> MMA Cardio with Mark	<b>18:00-18:30</b> 24 with Fitness Team	<b>17:45-18:15</b> HIITSTEP with Mark		
<b>18:30-18:55</b> Abs & Core with Matt		<b>18:30-19:00</b> Abs & Core with Fitness Team	<b>18:30-19:30</b> Pilates with Nicky			
<b>19:00-19:30</b> Home Circuits with Jess		<b>19:00-19:30</b> Home Circuits with Fitness Team				
<b>19:30-20:30</b> Pilates with Smita		<b>19:30-20:30</b> Yoga with Smita				

To book these classes you **MUST** email [hbgonlineclasses@gmail.com](mailto:hbgonlineclasses@gmail.com) to request the code. Please try to request codes the day before the class