

Group Exercise Timetable 5th Oct-1st Nov 2020 -Ifield

Monday	Tuesday	Wednesday	Thursday	Friday
18:00-18:30 HIIT with Nathan	18:00-18:45 Bootcamp with Matt	18:00-18:30 Spin Express with Caz	18:00-18:30 Total Body Workout with Jess / Nathan	18:00-18:30 24 with Nathan / Gaby
18:40-19:00 Ab Express with Nathan	19:00-19:30 Spin Express with Matt	18:40-19:10 HIIT and Core with Fitness Team	18:40-19:10 Abs & Core with Gaby	
19:30-20:30 Pilates with Smita		19:30-20:30 Yoga Flow with Smita		