



Online Zoom Programme Jan 2021

MORNING

EVENING

| Day | 6.45am - 7.30am | 8.00am - 8.45am | 9.30am - 10.15am | 9.30am - 10.00am | 10.30am - 11.00am | 11.15am - 11.45am | 12.15pm - 12.45pm | 4.15pm - 4.45pm | 4.30pm - 5.30pm | 5.00pm - 5.45pm | 6.00pm - 6.45pm | 7.00pm - 7.40pm | |
|-----------|--|---|--|---|---|--|--|--|---|--|---|--|---|
| Monday | BODYWEIGHT HIIT 6.45am - 7.30am <i>Lisa</i> | STRETCH & MOBILITY 8.00am - 8.45am <i>Lisa</i> | BODY CONDITIONING 9.30am - 10.15am <i>Lisa</i> | KEISER CYCLING 9.30am - 10.00am <i>Gurj</i> | HIIT STRENGTH 10.30am - 11.00am <i>Gurj</i> | CORE MOBILITY 11.15am - 11.45am <i>Gurj</i> | ABS BLAST 12.15pm - 12.45pm <i>Gurj</i> | INTELLIGENT SPRINT 4.15pm - 4.45pm <i>Mike/Bernie</i> | HATHA YOGA FLOW 4.30pm - 5.30pm <i>Laura</i> | LES MILLS BODYPUMP 5.00pm - 5.45pm <i>Mike/Bernie</i> | LES MILLS BODY COMBAT 6.00pm - 6.45pm <i>Mike/Bernie</i> | LES MILLS CORE/CX WORK 7.00pm - 7.40pm <i>Mike/Bernie</i> | |
| Tuesday | STRENGTH CIRCUITS 6.45am - 7.30am <i>Alex</i> | RESTORATIVE YOGA 7.00am - 8.00am <i>Laura</i> | ABS BLAST 8.15am - 8.45am <i>Alex</i> | INTELLIGENT CYCLING 9.15am - 10.00am <i>Mike</i> | CORE & BACK CARE 9.30am - 10.15am <i>Alex</i> | LES MILLS BODY PUMP 10.15am - 11.00am <i>Mike</i> | CORE STABILITY 11.00am - 12.00pm <i>Lee</i> | LES MILLS BODY ATTACK 11.15am - 12.00pm <i>Mike</i> | LES MILLS CORE/CX WORK 12.15pm - 12.55pm <i>Mike</i> | LOW IMPACT CARDIO 4.30pm - 5.00pm <i>Lisa</i> | KEISER SPRINT 5.15pm - 5.45pm <i>Gurj</i> | BODY CONDITIONING 6.00pm - 6.45pm <i>Lisa</i> | CORE & BACK CARE 7.00pm - 7.45pm <i>Gurj</i> |
| Wednesday | BOOTCAMP 6.45am - 7.30am <i>Gurj</i> | ABS BLAST 8.00am - 8.30am <i>Gurj</i> | KEISER CYCLING 9.15am - 10.00am <i>Gurj</i> | BODY CONDITIONING 9.30am - 10.15am <i>Lisa</i> | BODYWEIGHT HIIT 10.30am - 11.15am <i>Lisa</i> | THERAPEUTIC YOGA 11.30am - 12.30pm <i>Laura</i> | ABS BLAST 11.30am - 12.00pm <i>Lisa</i> | STRETCH & RELAX 12.15pm - 12.45pm <i>Lisa</i> | LEGS, ABS & CARDIO 5.00pm - 5.45pm <i>Alex</i> | HIIT STRENGTH 6.00pm - 6.30pm <i>Alex</i> | VINYASA HATHA YOGA 6.15pm - 7.15pm <i>Zak</i> | INTELLIGENT CYCLING 7.00pm - 7.45pm | |
| Thursday | HIIT CARDIO 6.45am - 7.15am <i>Bernie</i> | INTELLIGENT CYCLING 7.30am - 8.30am <i>Bernie</i> | STRETCH & RELAX 8.45am - 9.15am <i>Bernie</i> | LES MILLS BODY PUMP 9.30am - 10.15am <i>Bernie</i> | BOOTCAMP 10.30am - 11.00am <i>Alex</i> | LOW IMPACT CARDIO 11.30am - 12.00pm <i>Alex</i> | ABS BLAST 12.30pm - 1.00pm <i>Alex</i> | | | CORE MOBILITY 5.00pm - 5.45pm <i>Gurj</i> | HIIT STRENGTH 6.00pm - 6.45pm <i>Gurj</i> | ABS BLAST 7.00pm - 7.30pm <i>Gurj</i> | |
| Friday | LES MILLS GRIT 6.45am - 7.15am <i>Mike</i> | INTELLIGENT SPRINT 7.30am - 8.00am <i>Mike</i> | LES MILLS CORE/CX WORK 8.30am - 9.15am <i>Mike</i> | LES MILLS BODY ATTACK 9.30am - 10.15am <i>Mike</i> | INTELLIGENT CYCLING 9.30am - 10.15am <i>Bernie</i> | LES MILLS BODY PUMP 10.30am - 11.15am <i>Bernie</i> | LOW IMPACT CARDIO 11.30am - 12.00pm <i>Bernie</i> | ABS BLAST 12.15pm - 12.45pm <i>Bernie</i> | VINYASA HATHA YOGA 3.30pm - 4.30pm <i>Zak</i> | BODYWEIGHT HIIT 5.00pm - 5.30pm <i>Alex</i> | INTELLIGENT CYCLING 6.00pm - 6.45pm <i>Alex</i> | STRETCH & RELAX 7.00pm - 7.30pm <i>Alex</i> | |
| Saturday | LES MILLS BODY COMBAT 8.15am - 9.00am <i>Mike</i> | LES MILLS BODY PUMP 9.15am - 10.00am <i>Mike</i> | INTELLIGENT CYCLING 10.30am - 11.30am <i>Mike</i> | LES MILLS CORE/CX WORK 12.00pm - 12.40pm <i>Mike</i> | | | | | | | | | |
| Sunday | LES MILLS BODY COMBAT 8.30am - 9.00am <i>Bernie</i> | INTELLIGENT CYCLING 9.15am - 10.00am <i>Bernie</i> | LES MILLS BODY PUMP 10.30am - 11.00am <i>Bernie</i> | STRETCH & RELAX 11.15am - 11.45am <i>Bernie</i> | CORE STABILITY 4.00pm - 5.00pm <i>Lee</i> | | | | | | | | |

 LOW IMPACT & RELAXATION
 MIXED CONDITIONING

 CARDIO
 CYCLING
 STRENGTH & TONING