



## Group Exercise Timetable Jan 2022 -ONLINE VIA ZOOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45 -9:45 Pilates with Becky		19:30-20:30 Yoga Flow with Smita	18:30-19:30 Pilates with Nicky	7:45-8:30 Rise and Shine Yoga with Emma		10:00-11:00 Yoga Flow with Smita
				9:30 - 10:15 Bodyweight Bootcamp with Becky		
				10:30-11:30 Pilates with Becky		