



LIVE STREAM TIMETABLE

To book onto a Live Stream Class simply log in to your members area and book the class as normal.

You will be sent a Zoom meeting ID no later than one day before the class is due to start, this will allow you access to the live streaming class.

Please ensure that your contact details are correct.

WEDNESDAY 16th			THURSDAY 17th			FRIDAY 18th			SATURDAY 19th		
9:30	BodyCombat	Hollie	9:30	BodyPump	Hollie	9:30	BodyCombat	Gracie	9:15	MetaFit	Dan
10:30	Les Mills Tone	Hollie	10:30	Yoga	Jade				10:00	BodyAttack	Daren
18:00	BodyAttack	Lucy	18:00	MetaFit	Dan						
SUNDAY 20th			MONDAY 21st			TUESDAY 22nd			WEDNESDAY 23rd		
10:00	BodyCombat	Hollie	9:30	LBT	Gracie	9:30	MetaFit	Dan	9:30	BodyCombat	Hollie
			10:30	Run / Jog / Walk	Hollie				10:30	Les Mills Tone	Hollie
			18:00	MetaFit	Della	18:30	Les Mills Tone	Faye	18:00	BodyAttack	Lucy
			19:00	BodyCombat	Lucy						
THURSDAY 24th			FRIDAY 25th & 26th			SUNDAY 27th			MONDAY 28th		
9:30	FANCYDRESS COMBAT	Hollie	CLOSED			10:00	BodyCombat	Hollie	9:30	Les Mills Tone	Hollie
									10:30	Run / Jog / Walk	Hollie

