

Life Leisure Virtual Studio Timetable

Starting Monday 9th & 16th November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am - 7:00am H.I.I.T* Lauren Jones	8:30am - 9:15am H1VE BLAST Andy Turner	10:30am - 11:00am H.I.I.T* Chris Walker	8:45am - 9:30am H1VE BLAST Andy Turner	6:30am - 7:00am H.I.I.T* Lauren Jones	10:00am - 10:45am Dance Fit* Hayley Ellison	10:00am - 10:45am Pilates** Cathyann Phillips
9:30am - 10:15am Body Conditioning* Chris Walker	9:30am - 10:15am Pilates** Cathyann Phillips	6:30pm - 7:15pm Dancercise Lizzie Hind	9:45am - 10:30am Body Conditioning Sally Berry	9:30am - 10:15am Pilates** Cathyann Phillips		
10:30am - 11:15am Ashtanga Yoga** Catherine Fleming	6:15pm - 7:00pm Legs, Bums & Tums Sally Berry	7:30pm - 8:15pm Body Conditioning* Lizzie Hind	5:00pm - 5:45pm Zumba Toning* Hayley Ellison	10:30am - 11:30am Ashtanga Yoga** Catherine Flemings		
6:00pm - 6:45pm Pilates** Cathyann Phillips	7:00pm - 7:45pm Pilates** Cathyann Phillips		6:00pm - 6:45pm Pilates** Cathyann Phillips	4:30pm - 5:15pm KIDS Fun-tastic Friday Sally Berry		
7:00pm - 7:45pm Zumba Victoria Hind				5:30pm - 6:15pm Yogalates** Sally Berry		

Equipment needed:

*Hand weights (or water bottles)

**Exercise mat