



ONLINE CLASS TIMETABLE



| INFO | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------|--|--|--|--|--|---|---|
| Morning Class 10am | HIIT with Isaac | HIIT with Esther | Rise and Shine Stretch & Abs with Esther | Abs Blast with Isaac | Rise and Shine Stretch & Abs with Esther | Tougher than Tough with Esther | Tougher than Tough with Isaac |
| Class Information for Members | Get your week started right with a HIIT Class Expect a sweaty 30 minute burst to start your week well! Get all the family involved and workout together! | Get your week started right with a HIIT Class Expect a sweaty 30 minute burst to start your week well! Get all the family involved and workout together! | This Stretch Class will improve your flexibility and leave you feeling relaxed for the rest of the day. There will be a mixture of mobility exercises and abdominal work, then moving through to a full body stretch. | Get those Adominal muslces shredded with Issac. You will be working for 30 minutes straight on your abs to not only improve your core strength but help with your posture! | This Stretch Class will improve your flexibility and leave you feeling relaxed for the rest of the day. There will be a mixture of mobility exercises and abdominal work, then moving through to a full body stretch. | Our Hardest Class Of the Week! A full body workout with a mixture of Cardio and Strenght Exercises! Get that Heart Rate Up and Muscles Burning! | Our Hardest Class Of the Week! A full body workout with a mixture of Cardio and Strenght Exercises! Get that Heart Rate Up and Muscles Burning! |
| Evening Class 7pm | Lower Body blast with Isaac | Upperbody Burn with Isaac | Legs, Bums and Tums with Esther | Upperbody Burn with Isaac | HIIT with Esther | | |
| Description for Members | Get your lower body on fire with 30 minutes of lower body exercises! It will be a mixutre of Strength Exercises with some cardio work aswell! | Get your Upper body on fire with 30 minutes of Upper body exercises! It will be a mixutre of Strength Exercises with focused muscle work to tone your body! | Get that full body workout in Legs Bums and Tums. You will be scuplting those muslces through the whole class with a mixutre of strength and cardio work. Making sure you feel that Full body Burn! | Get your Upper body on fire with 30 minutes of Upper body exercises! It will be a mixutre of Strength Exercises with focused muscle work to tone your body! | Earn that Friday Evening Drink With Serena! Get that Heart Rate Pumping and sweat out all those calories ready for the weekend! 30 minutes of harcode Cardio to get the weekend started! | | |