

Online Live Class Schedule

Monday

womens
fitness

9:30-10:30	Body Combat With Serena
10:30-11:30	Stretch & Tone With Cormac
12:00-13:00	Beginner Yoga With Barbara
17:30-18:30	HIIT at Home With Cormac
18:00-19:00	Fat Blast With Rob
19:00-20:00	Pilates With Lorraine
19:30-20:30	HIIT at Home With Rob
20:00-21:00	Legs, Bums & Tums With Alana
20:00-21:00	Total Barre With Lorraine

Tuesday

womens
fitness

7:00-8:00	Fat Blast With Rob
10:30-11:30	Fat Blast With Rob
12:00-13:00	Stretch & Tone With Pauline
18:00-19:00	Fat Blast With Rob
19:00-20:00	Zumba With Danny
20:00-21:00	Yoga With Sarah Jane

Wednesday

womens
fitness

7:00-8:00	HIIT at Home With Cormac
9:30-10:30	Body Combat With Serena
12:00-13:00	Stretch & Tone With Pauline
18:00-19:00	Fat Blast With Rob
19:30-20:30	Pilates With Lorraine
20:00-21:00	Strong core Yoga With Barbara

Thursday

womens
fitness

9:30-10:30	Stretch and Tone With Rob
13:00-14:00	HIIT at Home With Rob
18:00-19:00	Strong Core Yoga With Sarah Jane
18:00-19:00	Body Pump With Alana
19:00-20:00	Legs, Bums & Tums With Alana
20:00-21:00	Pilates With Lorraine

Friday

womens
fitness

7:00-8:00	Legs, Bums & Tums With Rob
10:30-11:30	Fat Blast With Rob
13:00-14:00	Zumba With Danny
18:00-19:00	Legs, Bums & Tums With Alana

Saturday

womens
fitness

10:00-11:00	Total Barre With Lorraine
10:30-11:30	Zumba With Danny
11:00-12:00	Yoga With Sarah Jane

Sunday

womens
fitness

10:00-11:00	Stretch & Tone With Cormac
11:30-12:30	HIIT at Home With Cormac

womens
fitness