

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COVID GROUP PT WITH KERRY 06:00-06:45		EXPRESS SPIN WITH KERRY 06:00-06:45				
VIRTUAL FULL BODY WORKOUT WITH KERRY 07:30-08:15						
					STEP WITH WENDY 09:30-10:30	
						POWER YOGA WITH HOLLY 10:30-11:30
					YOGA FOR RUNNERS WITH ALI 10:45-11:45	
YOGA WITH HOLLY 12:15-13:15	CIRCUITS WITH KERRY 12:30-13:15		CIRCUITS WITH KERRY 12:30-13:15	VIRTUAL YOGA WITH HOLLY 12.15-13:15		
MIX FIT WITH WENDY 17:00-17:45						
YIN YOGA WITH ALI 17:45-18:30	PUMP MASH UP WITH MARK 17:30-18:30	FIT HAPPENS WITH MARK 17:30 -18:15	STEP WITH WENDY 17:30-18:15	SPIN WITH KERRY TIL 17:45-19:00		
		VIRTUAL FIT HAPPENS WITH MARK 18:30-19:15				
	MERCY WITH KERRY 18:15-19:30	STRONG BY ZUMBA WITH SIOBHAN 18:30-19:15				
PILATES WITH GILLIAN 18:30-19:15	POOL AQUA ZUMBA WITH SIOBHAN 18:30-19:15	YOGA WITH LAURA 19:30-20:30				
SPORTS TEAM TRAINING WITH KERRY 19:15-20:15						
	CARDIAC CANCER REHAB WITH KERRY 7.45PM					