

<b>DAY</b>	<b>MORNING</b>		<b>EVENING</b>	
<b>MONDAY</b>	10.00 – 10.45 <b>Body Design</b> Claire	11.00 – 11.30 <b>Healthy Hearts</b> Claire	18.00 – 18.30 <b>HIIT &amp; Pump</b> Kat	19.00 – 19.45 <b>Flow Yoga</b> Laura
<b>TUESDAY</b>	9.30 – 10.00 <b>HIIT</b> Claire	10.15 – 11.00 <b>Hatha Yoga</b> Em	18.00 – 18.45 <b>Free Weights</b> Kat	
<b>WEDNESDAY</b>	9.00 – 9.45 <b>Vinyasa Yoga</b> Rebecca	10.00 – 10.45 <b>Circuits</b> Kat	18.00 – 18.45 <b>Fitness Pilates</b> Nigel	
<b>THURSDAY</b>	9.30 – 10.00 <b>HIIT &amp; Pump</b> Sarah	10.15 – 11.00 <b>Pilates</b> Carrie	18.00 – 18.45 <b>Ab Attack / Circuits</b> Nigel	
<b>FRIDAY</b>	10.00 – 10.45 <b>Jump &amp; Pump</b> Claire	11.00 – 11.30 <b>Healthy Hearts</b> Claire		
<b>SATURDAY</b>	10.00 – 10.45 <b>Circuits</b> Claire	11.15 – 12.00 <b>Vinyasa Yoga</b> Becca		
<b>SUNDAY</b>	<b>Pop-up classes or</b> <b>Rerun any of our live stream video workouts on Facebook</b> <b>Or view the workouts on <a href="http://www.racquets-fitness-centre.com">www.racquets-fitness-centre.com</a></b>			

**PLEASE DO NOT JOIN IN LIVE CLASSES HALF WAY THROUGH FOR YOUR OWN SAFETY. PLEASE WATCH THE VIDEO STRAIGHT AFTER THE LIVE FEED FROM THE BEGINNING ON OUR FACEBOOK PAGE OR WEBPAGE. THANK YOU.**