

PRE XMAS CLASS TIMETABLE

PLEASE NOTE SOME ARE ONLINE SOME ARE IN STUDIO

MONDAY 21st	10:00 – 10:45 Body Design Claire Online only	11:00 – 11:30 Healthy Hearts Studio and Online	17:30 – 18:00 Spin Kat Studio	18:15 – 19:00 HIIT & Pump Kat Studio and Online	19:15 – 20:00 Flow Yoga Laura Studio and Online	
TUESDAY 22nd	9:30 – 10:00 HIIT Claire Online only	12:30 – 13:00 Spin Ellis Studio		18:30 – 19:15 Free Weights Kat Studio and Online		
WEDNESDAY 23rd	7:00 – 7:45 Vinyasa Yoga Becca Online only	10:00 – 10:45 Jump & Pump Claire Online only	11:00 – 11:30 Healthy Hearts Studio and Online	17:30 – 18:00 Spin Claire Studio	18:15 – 18:45 AB Attack Nig Online only	19:00-19:45 Circuits Nig Online only
THURSDAY 24th	9:30 – 10:00 HIIT & Pump Sarah Studio and Online	12:45 – 13:15 Spin Ellis Studio		16:00 – 16:30 Spin Kat Studio		

There will be no classes Christmas Day or New Years Day

FOR YOUR OWN SAFETY : PLEASE DO NOT JOIN IN LIVE STREAMED CLASSES HALF WAY THROUGH
PLEASE WATCH THE VIDEO STRAIGHT AFTER THE LIVE FEED FROM THE BEGINNING. THANK YOU

Studio spaces must be pre – booked via reception on phone 01844 261754
or email memberships@racquets-fitness-centre.com

All classes will be live streamed to the
Racquets Facebook group
(apart from spin)

Maximum of 10 for all classes in studio