



**Pre-Recorded
Online Classes**
Released at 7am

BOXING DAY
SATURDAY 26th

Circuits
Claire

SUNDAY
27th

Flow Yoga
Laura

MONDAY
28th

Jump & Pump
Kat

TUESDAY
29th

AB Attack
Nig

WEDNESDAY
30th

Vinyasa Yoga
Becca

THURSDAY
31st

HIIT & Pump
Sarah

POST XMAS CLASS TIMETABLE

All classes apart from Spin will be streamed to the
Racquets Fitness Centre public Facebook page
at www.facebook.com/Racquetsfitness

Morning Classes
in Studio

10:00 – 10:30
Spin and Squat
Ellis

11:00 – 11:30
Healthy Hearts
**** also Online ****

12:30 – 13:00
Spin
Ellis

11:00 – 11:30
Healthy Hearts
**** also Online ****

12:45 – 13:15
Spin
Ellis

Early Evening Spins
in Studio

17:30 – 18:00
Spin

17:30 – 18:00
Spin

17:30 – 18:00
Spin

16:00 – 16:30
Spin



Evening Class
in Studio

18:30-19:00
Free Weights
Kat
**** also Online ****

**Maximum of 10 for all
studio
spins and classes
– no late entry**

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

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

