

MONDAY	10:00 – 10:45 Body Design Claire	11:00 – 11:30 Healthy Hearts Claire	18:15 – 19:00 HIIT & Pump Kat	19:15 – 20:00 Flow Yoga (ZOOM) Laura
TUESDAY	9:30 – 10:00 HIIT Claire	10:15 – 11:00 Flow Yoga Laura	18:30 – 19:15 Free Weights (ZOOM) Kat	
WEDNESDAY	7:00 – 7:45 Yoga Becca	10:00 – 10:45 Jump & Pump Kat	18:15 – 18:30 Ab Attack IS BACK ! Nig	19:00-19:45 Circuits (ZOOM) Nig
THURSDAY	9:30 – 10:00 HIIT & Pump Sarah	12:30 – 13:00 Yoga Laura	18:00 – 18:45 Fitness Pilates Nig	19:00 – 19:40 Squash fitness (ZOOM) Jason
FRIDAY	9:30-10:15 Jump & Pump (ZOOM) Claire	11:00-11:30 Healthy Hearts Claire	18:00-18:45 Cardio Boxing Kat	SMALL GROUP PT TIMETABLE via ZOOM 1 PT per member included in membership 2 or 3 PT per member included in small group PT memberships – see website <hr/> Monday 9am <hr/> Tuesday 7am <hr/> Wednesday 11am 7.30pm <hr/> Friday 7am 10.30am <hr/> Email memberships@racquets-fitness-centre.com for details
SATURDAY	9.30 – 10.00 Squash fitness for KIDS (ZOOM) Jason	9:45 – 10:30 Circuits Claire	10:45 – 11:30 Yoga (ZOOM) Becca	
SUNDAY	10:00 – 10:45 Bootcamp Kat			

Contact Jason
direct

FOR YOUR OWN SAFETY:
PLEASE DO NOT JOIN IN LIVE STREAMED CLASSES HALF
WAY THROUGH. THANK YOU