

# GROUP FITNESS

## VIRTUAL SESSIONS

JOIN OUR TEAM FOR A SERIES OF FREE VIRTUAL SESSIONS  
DESIGNED TO HELP YOU STAY ACTIVE DURING LOCKDOWN

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9:30am	BODYCOMBAT MICHELLE S	BODYPUMP SHERIN	FT MICHELLE S	AEROBICS MICHELLE S	BODYPUMP SHERIN	HIIT / CORE MICHELLE S	YOGA MICHELLE C
10:30am		YOGA MICHELLE C	HIIT / CORE RYAN	STRETCH EPs	STRENGTH & BALANCE EPs		
12:00pm	STRENGTH & BALANCE EPs						
5:00pm	BODYPUMP SHERIN	STRENGTH & BALANCE EPs	SHBAM SHERIN	DIETITIAN SEMINAR - HIIT / CORE MICHELLE S	FT MICHELLE S		
6:00pm	YOGA MICHELLE C	BODYCOMBAT MICHELLE S	YOGA MICHELLE C	YOGA MICHELLE C	SHBAM SHERIN		