

# Virtual Class Timetable

## w/c Monday 13<sup>th</sup> April



### Monday 13<sup>th</sup> April

with Roy

#### **8.30-9am – HIIT**

<https://us02web.zoom.us/j/8681482043?pwd=VE44NkkralNxFV4Zm82czZvOCttQT09>

Meeting ID: 868 148 2043 | Password: 2245

#### **9.15-45am – Core**

<https://us02web.zoom.us/j/8681482043?pwd=VE44NkkralNxFV4Zm82czZvOCttQT09>

Meeting ID: 868 148 2043 | Password: 2245

With Susanne

#### **8-9am – Pilates**

<https://us02web.zoom.us/j/113803470?pwd=ZkFPMWErbFYzU1ZXtkg5SnpYRWWhydz09>

Meeting ID: 113 803 470 | Password: 480965

with Ayesha

#### **10.30-11.30am – Ballet Fit**

<https://us04web.zoom.us/j/2824054495>

Meeting ID: 282 405 4495 Password: BAfit49

### Tuesday 14<sup>th</sup> April

With Roy

#### **9-9.45am – HIIT & Core**

<https://us02web.zoom.us/j/8681482043?pwd=VE44NkkralNxFV4Zm82czZvOCttQT09>

Meeting ID: 868 148 2043 | Password: 2245

#### **10-10.30am – Stretch**

<https://us02web.zoom.us/j/8681482043?pwd=VE44NkkralNxFV4Zm82czZvOCttQT09>

Meeting ID: 868 148 2043 | Password: 2245

#### **11-11.30am – Family Fun Fit**

<https://us02web.zoom.us/j/8681482043?pwd=VE44NkkralNxFV4Zm82czZvOCttQT09>

Meeting ID: 868 148 2043 | Password: 2245

With Geri

#### **10-10.40am – Barre**

<https://zoom.us/j/392992658>

Meeting ID: 392 992 658 | Password: 027180

With Jocelyn

#### **11am-12pm – Pilates**

<https://us02web.zoom.us/j/657567331?pwd=K2lyUDFYZzh1NFFWNDN4czNGZmpMUT09>

Meeting ID: 657 567 331 | Password: 119233

## **Wednesday 15<sup>th</sup> April**

with Juliet

### **8.30-9.30am – Vinyasa Flow Yoga**

<https://zoom.us/j/998402212?pwd=MC9sZlVhOVkg0SFNBclRBd2lwTFNoUT09>

Meeting ID: 998 402 212 | Password: 025465

with Ayesha

### **10-11am – Body Conditioning**

<https://us04web.zoom.us/j/2824054495>

Meeting ID: 282 405 4495 | Password: BAfit49

## **Thursday 16<sup>th</sup> April**

With Roy

### **8.30-9.15am – HIIT & Core**

<https://us02web.zoom.us/j/8681482043?pwd=VE44NkkralNxFV4Zm82czZvOCttQT09>

Meeting ID: 868 148 2043 | Password: 2245

With Geri

### **10-10.45am – Holistic Balance**

<https://zoom.us/j/734978694>

Meeting ID: 734 978 694 | Password: 032226

## **Friday 17<sup>th</sup> April**

with Amelia

### **9.30-10am – Zumba**

<https://us04web.zoom.us/j/849398638?pwd=K2VsOVhrWDhldXZaWlJUa1c1TFF6UT09>

Meeting ID: 849 398 638 | Password: 057394

with Roy

### **7-7.45am – HIIT & Core**

<https://us02web.zoom.us/j/8681482043?pwd=VE44NkkralNxFV4Zm82czZvOCttQT09>

Meeting ID: 868 148 2043 | Password: 2245

### **10.15-10.45am – LBT**

<https://us02web.zoom.us/j/8681482043?pwd=VE44NkkralNxFV4Zm82czZvOCttQT09>

Meeting ID: 868 148 2043 | Password: 2245

## **Saturday 18<sup>th</sup> April**

With Susanne

### **9-10am – Pilates**

<https://us02web.zoom.us/j/113803470?pwd=ZkFPMWErbFYzU1ZXTkg5SnpYRWWhydz09>

Meeting ID: 113 803 470 | Password: 480965

With Ayesha

### **10-10.45am – LBT**

<https://us04web.zoom.us/j/2824054495>

Meeting ID: 282 405 4495 | Password: BAfit49

**Continued...**

**Sunday 19<sup>th</sup> April**

With Roy

**9.30-10am – HIIT**

<https://us02web.zoom.us/j/8681482043?pwd=VE44NkkralNxFV4Zm82czZvOCttQT09>

Meeting ID: 868 148 2043 | Password: 2245

**10.15-10.45am – Core**

<https://us02web.zoom.us/j/8681482043?pwd=VE44NkkralNxFV4Zm82czZvOCttQT09>

Meeting ID: 868 148 2043 | Password: 2245

With Jocelyn

**10-11am – Pilates**

<https://us02web.zoom.us/j/657567331?pwd=K2lyUDFYZzh1NFFWNDN4czNGZmpMUT09>

Meeting ID: 657 567 331 | Password: 119233

**11-12pm – Gentle Hatha Yoga**

<https://us02web.zoom.us/j/657567331?pwd=K2lyUDFYZzh1NFFWNDN4czNGZmpMUT09>

Meeting ID: 657 567 331 | Password: 119233

## **Class descriptions**

### **Ballet Fit**

An infusion of Ballet, Yoga and Pilates working on posture and toning top to toe.

### **HIIT**

Short bursts of interval training using intense anaerobic exercises to burn a large amount of calories in a limited amount of time.

### **Core**

Focuses on toning your core using body weight exercises.

### **Gentle Hatha Yoga**

A gentle yoga class, encompassing most yoga styles, postures and breathing techniques which help bring peace to the mind and the body.

### **Vinyasa Flow Yoga**

A style of yoga characterized by stringing postures together so that you can move from one to another, seamlessly, focusing on the breath.

### **LBT**

A traditional legs, bums and tums class, designed to tone and sculpt the lower body and core.

### **Pilates**

A mat-based exercise class to improve muscle control, flexibility and strength.

### **Holistic Balance**

A holistic workout combining Pilates, yoga a tai chi to work on flexibility and build strength.

### **Body Conditioning**

A class to help you sculpt, tone and strengthen your whole body.

**Barre**

Designed to shape and tone postural muscles, build core strength while incorporating classic ballet positions.

**Stretch**

A non-impact class which focuses on stretching, mobility and flexibility.

**Zumba**

A Latin inspired, calorie burning dance workout.

**Family Fun Fit**

A class suitable for all the family to burn some energy, compete and have fun!