

Monday – Virtual Fitness Classes	
Time	Session
09.15 – 09.45	Grit - Cardio
13.00 – 13.45	SH'BAM
16.00 – 16.45	The Trip
19.00 – 19.45	The Trip

Tuesday – Virtual Fitness Classes	
Time	Session
16.00 – 16.45	The Trip
19.15 – 19.45	Sprint

Wednesday – Virtual Fitness Classes	
Time	Session
07:00 – 07:30	Sprint
16.00 – 16.45	The Trip
19.00 – 19.45	The Trip

Thursday – Virtual Fitness Classes	
Time	Session
12.15 – 13.00	Bodyattack
13.15 – 14.00	SH'BAM
16.00 – 16.45	The Trip
19.30 – 20.00	Sprint

Friday – Virtual Fitness Classes	
Time	Session
07:00 – 07:30	Sprint
12.00 – 12.30	RPM
16.00 – 16.45	The Trip
19.00 – 19.50	RPM

Saturday – Virtual Fitness Classes	
Time	Session
08:15 – 09:05	RPM
12.00 – 12.45	The Trip
13.30 – 14.00	Sprint
15.00 – 15.30	Sprint

Sunday – Virtual Fitness Classes	
Time	Session
08:15 – 08.45	Sprint
11.15 – 12.00	SH'BAM
13.00 – 13.45	SH'BAM
14.00 – 15.00	Bodyattack
15.15 – 15.45	Grit - Cardio