

aspirations

Online Fitness Class Programme

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30 - 10am	9.30 - 10.15am	9.30 - 10.15am	9.30 - 10.15am	9.30 - 10.15am	9 - 9.45am	9.30 - 10.15am
Body Combat Steph	Body Pump Gary	Legs Bums & Tums Delroy	Body Attack Mel	Body Combat Sandra	Body Pump Sandra	Body Attack Becs
10.05 - 10.40am	10.30 - 11.15am	6 - 6.45pm	10.30 - 11am	5 - 5.30pm	10 - 10.45am	
Yoga Steph	Low Impact Aerobics Sue	Body Attack Jo	CXWORX Mel	Grit Sarah	Low Impact Aerobics Annette	
6 - 6.45pm	6 - 6.45pm	7 - 7.45pm	6 - 6.45pm			
Body Pump Nina	Body Combat Rachel	Body Balance Jo	Legs Bums & Tums Sue			
7 - 7.45pm	7 - 7.30pm		7 - 7.45pm			
Body Balance Nina	CXWORX Rachel		Body Combat Danni			