

Free Zoom Class Timetable

March 2021 schedule

WEDNESDAY 3RD

Zumba with Alison

6.00-6.30pm

- Fitness for all.
- Combines Zumba, conditioning, strength and much more!
- Interval workout combining fun, easy routines and toning for all the family.

WEDNESDAY 10TH

Boxing Fit with Chris

6.00-6.30pm

- An activity for all the family.
- Join in high or low impact.
- Using boxing techniques to raise fitness.

WEDNESDAY 17TH

Fun Introduction to Karate with Myles

4.30-5.00pm

- Excellent for self-defence.
- Develops attitude control and disciplined behaviour.
- Great for fitness.
- Suitable for all ages.

WEDNESDAY 24TH

Calming Yoga with Niki

6.00- 6.30 pm

- Yoga for all the family.
- Find a quiet spot and join us for some relaxation.
- Great for building flexibility.
- Ending in quiet meditation.

WEDNESDAY 31ST

Superhero HIT with Chris

4.30-5.00pm

- An activity for all the family.
- High energy class.
- Join in high or low impact.



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