



GROUP FITNESS CLASS TIMETABLE

LIVE, ONLINE 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am	ON YOUR BIKE! 50 Min - LIVE CLASS https://bit.ly/6-30amBike	SNOW FITNESS TRAINING 45 Min - LIVE CLASS https://bit.ly/6-30amSnow	ON YOUR BIKE! 50 Min - LIVE CLASS https://bit.ly/6-30amBike	SNOW FITNESS TRAINING 45 Min - LIVE CLASS https://bit.ly/6-30amSnow	ON YOUR BIKE! 50 Min - LIVE CLASS https://bit.ly/6-30amBike	
8am						ON YOUR BIKE! 50 Min - LIVE CLASS https://bit.ly/8amBike
9:30am		HARD CORE STRETCH 30 Min - LIVE CLASS https://bit.ly/9-30amCore	SMASH HIIT 45 Min - LIVE CLASS https://bit.ly/9-30amHIIT	HARD CORE STRETCH 30 Min - LIVE CLASS https://bit.ly/9-30amCore	SMASH HIIT 45 Min - LIVE CLASS https://bit.ly/9-30amHIIT	STRETCH & RECOVER 45 Min - LIVE CLASS https://bit.ly/9-30amStretch
11am	FIT BALL PILATES & MORE 45 Min - LIVE CLASS https://bit.ly/11amFitBall		BUILD YOUR CORE 45 Min - LIVE CLASS https://bit.ly/11amBuild	ACTIVE FAMILIES 45 Min - LIVE CLASS https://bit.ly/11amActive	BUILD YOUR CORE 45 Min - LIVE CLASS https://bit.ly/11amBuild	
1pm	ACTIVE FAMILIES 45 Min - LIVE CLASS https://bit.ly/1pmActive		STRETCH & RECOVER 45 Min - LIVE CLASS https://bit.ly/1pmStretch			
2pm		FOREVER ACTIVE 45 Min - LIVE CLAS https://bit.ly/2pmForever		FOREVER ACTIVE 45 Min - LIVE CLAS https://bit.ly/2pmForever		
5:30pm	SMASH HIIT 45 Min - LIVE CLASS https://bit.ly/5-30pmHIIT	ON YOUR BIKE! 50 Min - LIVE CLASS https://bit.ly/5-30pmBike		ON YOUR BIKE! 50 Min - LIVE CLASS https://bit.ly/5-30pmBike		

As a very valued member you are able and encouraged to join us in any of our Group Fitness classes.

Please click on the appropriate link on any class you wish to participate in.