



# GROUP FITNESS CLASS TIMETABLE

## LIVE, ONLINE 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am	<b>ON YOUR BIKE!</b> 50 Min - LIVE CLASS <a href="https://bit.ly/6-30amBike">https://bit.ly/6-30amBike</a>	<b>SNOW FITNESS TRAINING</b> 45 Min - LIVE CLASS <a href="https://bit.ly/6-30amSnow">https://bit.ly/6-30amSnow</a>	<b>ON YOUR BIKE!</b> 50 Min - LIVE CLASS <a href="https://bit.ly/6-30amBike">https://bit.ly/6-30amBike</a>	<b>SNOW FITNESS TRAINING</b> 45 Min - LIVE CLASS <a href="https://bit.ly/6-30amSnow">https://bit.ly/6-30amSnow</a>	<b>ON YOUR BIKE!</b> 50 Min - LIVE CLASS <a href="https://bit.ly/6-30amBike">https://bit.ly/6-30amBike</a>	
8am						<b>ON YOUR BIKE!</b> 50 Min - LIVE CLASS <a href="https://bit.ly/8amBike">https://bit.ly/8amBike</a>
9:30am		<b>HARD CORE STRETCH</b> 30 Min - LIVE CLASS <a href="https://bit.ly/9-30amCore">https://bit.ly/9-30amCore</a>		<b>HARD CORE STRETCH</b> 30 Min - LIVE CLASS <a href="https://bit.ly/9-30amCore">https://bit.ly/9-30amCore</a>	<b>SMASH HIIT</b> 45 Min - LIVE CLASS <a href="https://bit.ly/9-30amHIIT">https://bit.ly/9-30amHIIT</a>	<b>STRETCH &amp; RECOVER</b> 45 Min - LIVE CLASS <a href="https://bit.ly/9-30amStretch">https://bit.ly/9-30amStretch</a>
11am	<b>FIT BALL PILATES &amp; MORE</b> 45 Min - LIVE CLASS <a href="https://bit.ly/11amFitBall">https://bit.ly/11amFitBall</a>		<b>BUILD YOUR CORE</b> 45 Min - LIVE CLASS <a href="https://bit.ly/11amBuild">https://bit.ly/11amBuild</a>		<b>BUILD YOUR CORE</b> 45 Min - LIVE CLASS <a href="https://bit.ly/11amBuild">https://bit.ly/11amBuild</a>	
2pm		<b>FOREVER ACTIVE</b> 45 Min - LIVE CLAS <a href="https://bit.ly/2pmForever">https://bit.ly/2pmForever</a>		<b>FOREVER ACTIVE</b> 45 Min - LIVE CLAS <a href="https://bit.ly/2pmForever">https://bit.ly/2pmForever</a>		

*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.*