

MONDAY	10:00 – 10:45 Body Design Claire	11:00 – 11:30 Healthy Hearts Claire	18:15 – 19:00 HIIT & Pump Kat	19:15 – 20:00 Flow Yoga (ZOOM) Laura
TUESDAY	9:30 – 10:00 HIIT Claire	10:15 – 11:00 Flow Yoga Laura	18:30 – 19:15 Free Weights (ZOOM) Kat	
WEDNESDAY	7:00 – 7:45 Vinyasa Yoga Becca	10:00 – 10:45 Jump & Pump Kat	18:15 – 18:30 Ab Attack IS BACK ! Nig	19:00-19:45 Circuits (ZOOM) Nig
THURSDAY	9:30 – 10:00 HIIT & Pump Sarah	18:00 – 18:45 Fitness Pilates Nig	19:00 – 19:40 Squash fitness (ZOOM) Jason	
FRIDAY	9:30 – 10:15 Jump & Pump (ZOOM) Claire	11:00 – 11:30 Healthy Hearts Claire		

Contact Jason
direct

SMALL GROUP PT TIMETABLE via ZOOM

1 PT per member included in membership
2 or 3 PT per member included in small group PT
memberships – see website

Monday	9am
Tuesday	7am
Wednesday	9am 7.30pm
Friday	7am 10.30am

Email memberships@racquets-fitness-centre.com for details

FOR YOUR OWN SAFETY:

PLEASE DO NOT JOIN IN LIVE STREAMED CLASSES HALF
WAY THROUGH. PLEASE WATCH THE VIDEO STRAIGHT
AFTER THE LIVE FEED FROM THE BEGINNING. THANK YOU

SATURDAY

9:45 – 10:30
Circuits
Claire

10:45 – 11:30
Vinyasa Yoga (ZOOM)
Becca