

CLASS TIMETABLE

TIER 3 TIMETABLE

19th - 23rd Dec

ENQUIRIES CALL 01932 225953

LOCATION KEY White = Fresh Gym & Studio (plus LIVE on Virtually Fresh ✓)

Pink = Fresh Sports Centre, Thamesmead

Green = Laleham Park & Fresh Sports Centre

BOOKING APP KEY

Book using FitSense App (FS App)

Book Online www.freshairoutdoortraining.com

Day	Time	Class	Instructor	Location	Where to Book	LIVE on Virtually Fresh
SAT 19th DEC	09.00 am - 10.00 am	Boxing Fit	Andy	Fresh Sports Centre, Outdoor Studio	FS App	
	09.30 am - 10.15 am	T45	Ildi	Virtually Fresh	Streamed	✓
	10.00 am - 10.45 am	Circuits	Gary	Laleham Park	Fresh Air	
SUN 20th DEC	09.30 am - 10.30 am	Yoga	Fiona	Virtually Fresh	Streamed	✓
	09.30 am - 10.15 am	Spinning	Muna	Fresh Gym Outdoor	FS App	
MON 21st DEC	09.00 am - 09.45 am	Spinning	Rach	Fresh Gym Outdoor Spin Studio	FS App	
	10.30 am - 11.15 am	Pilates	Emma	Virtually Fresh	Streamed	✓
	12.30 pm - 13.00 pm	Lunch Time Circuits	Fitness Staff	Fresh Gym Outdoor	FS App	
	18.00 pm - 18.45 pm	Spinning	Rach	Fresh Gym Outdoor Spin Studio	FS App	
	18.30 pm - 19.15 pm	Zumba	Cheryl	Virtually Fresh	Streamed	✓
	19.00 pm - 19.45 pm	Outdoor Hiit	Will	Fresh Sports Centre, Outdoor Studio	FS App	
	19.30 pm - 20.15 pm	Spinning	Jules	Fresh Gym Outdoor Spin Studio	FS App	
TUES 22nd DEC	09.00 am - 09.45 am	Fresh Air Circuit	Jess	Fresh Gym Outdoor	Fresh Air	
	09.30 am - 10.15 am	Body conditioning	Muna	Virtually Fresh	Streamed	✓
	10.30 am - 11.00 am	Beginners Spin	Ellie	Fresh Gym Outdoor Spin Studio	FS App	
	11.00 am - 12.00 pm	Yoga	Karen	Virtually Fresh	Streamed	✓
	12.30 pm - 13.00 pm	Lunch Time Circuits	Fitness Staff	Fresh Gym Outdoor	FS App	
	18.15 pm - 19.00 pm	Pilates	Sarah	Virtually Fresh	Streamed	✓
	19.00 pm - 19.45 pm	Fresh Air Circuit	Jules	Fresh Sports Centre, Field/Outdoor Studio	Fresh Air	
	19.00 pm - 19.45 pm	Spinning	Muna	Fresh Gym Outdoor Spin Studio	FS App	
19.15 pm - 20.15 pm	Yoga	Hilary	Virtually Fresh	Streamed	✓	
WED 23rd DEC	09.00 am - 09.45 am	Body Blast	Ciaran	Virtually Fresh	Streamed	✓
	09.30 am - 10.15 am	Spinning	Gary	Fresh Gym Outdoor Spin Studio	FS App	
	10.00 am - 10.45 am	Pilates	Sarah	Virtually Fresh	Streamed	✓
	12.30 pm - 13.00 pm	Lunch Time Circuits	Fitness Staff	Fresh Gym Outdoor	FS App	
	18.00 pm - 18.45 pm	T45 (with or without weights)	Ildi	Virtually Fresh	Streamed	✓
	19.00 pm - 19.45 pm	Spinning	Rach	Fresh Gym Outdoor Spin Studio	FS App	
	19.15 pm - 20.00 pm	Pilates	Vicky	Virtually Fresh	Streamed	✓
	19.15 pm - 20.15 pm	Hiit Fit	Sarah	Fresh Sports Centre, Outdoor Studio	FS App	