

CLASS TIMETABLE

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21st - 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
MON	10.30 am - 11.15 am	Pilates	Emma	Virtually Fresh	Streamed	✓
	18.30 pm - 19.15 pm	Outdoor Hit	Will	Virtually Fresh	Streamed	✓
	19.30 pm - 20.15 pm	Zumba	Cheryl	Virtually Fresh	Streamed	✓
TUES	09.30 am - 10.15 am	Body conditioning	Muna	Virtually Fresh	Streamed	✓
	11.00 am - 12.00 pm	Yoga	Karen	Virtually Fresh	Streamed	✓
	18.00 pm - 18.45 pm	Pilates	Sarah	Virtually Fresh	Streamed	✓
	19.00 pm - 19.45 pm	Fresh Air Circuit	Jules	Virtually Fresh	Streamed	✓
WED	09.00 am - 09.45 am	Body Blast	Ciaran	Virtually Fresh	Streamed	✓
	10.00 am - 10.45 am	Pilates	Sarah	Virtually Fresh	Streamed	✓
	18.00 pm - 18.45 pm	T45 (with or without weights)	Ildi	Virtually Fresh	Streamed	✓
	19.00 pm - 19.45 pm	HIIT Fit	Sarah	Virtually Fresh	Streamed	✓
	20.00 pm - 20.45 pm	Pilates	Vicky	Virtually Fresh	Streamed	✓