

Term 2 Timetable

2nd May - 8th July (10 weeks)

Face to Face Classes

Day	Time	Class Type	Location	Trainer
Monday	5.45pm	Circuit	Gym	Jen
Tuesday	6.00am	Band & Core	Small Hall	Stace
Wednesday	6.00am	Circuit	Gym	Kathryn
	9.15am	Circuit	Main Hall	Stace or Jen
Thursday	5.45pm	Boxing	Main Hall	Stace
	7.00pm	Mat Pilates / Stretch	Main Hall	Stace
Friday	6.00am	Boxing	Main Street	Stace
	9.15am	Seniors	Gym	Stace or Jen
	10.15am	Circuit	Gym	Stace or Jen

Zoom Classes

Day	Time	Class Type	Zoom Code	Trainer
Monday	5.45pm	Circuit	510 941 3054	Kel W
Tuesday	6.00am	Band & Core	510 941 3054	Stace
Wednesday	6.00am	Strength	671 556 0239 Password: fitness	Kel R
Thursday	5.45pm	Boxing	510 941 3054	Stace
Friday	6.00am	HIIT / Yoga	671 556 0239 Password: fitness	Kel R

All Zoom sessions are recorded and uploaded to the members Facebook group