

## Outdoor Fitness Timetable 02/12/2020 – 23/12/2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.00 am	Kettle bell	Spin	Kettle bell	Spin	Kettlebell	
10.00 am	Active Online		Pilates Online	Active online		9.15 am Spin
1.00 pm	Spin	Spin	Kettlebell	Spin	Spin	10.30 am Kettle bell
1.00 pm	Pilates Online	Kettlebell	Spin	Kettlebell		
4.00 pm	Online Class	Online Class	Online Class	Online Class		
5.30pm	Kettlebell	Spin	Kettle bell	Kettle bell		
5.30 pm	Spin	Kettle bell	Spin	Spin		
7.00 pm	Spin	Spin	Spin	Spin		
7.00 pm	Pilates Online	Kettle bell	Kettle bell	Kettle bell		

- All classes will be held outside on the running track or soccer pitch.
- Members are only permitted to take part in one class per day.
- All equipment must be cleaned before and after use.
- Members must provide a towel and water bottle for each class.