

NutritiousWorks Timetable 2020 (6th January – 18th Dec)

UNLIMITED ADULT VIRTUAL CLASS MEMBERSHIP

Free week trials & discounts available for low income families, please ask!

Contact 01491 877205 / nutritiousworks@gmail.com / www.nutritiousworks.com

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
7am		6.45 - 7.30 Summer HIIT Online Cara		6.45 - 7.30 Mix HI'IT' up Online Cara		
8am						
9am	930-1030am Pilates -Online Flick		9-10am Bootieblast Bootcamp - Online Wayne		9.00 - 10.00 Winter Wonderland Bootcamp - Online Wayne	
10am		10.30 - 11.15 DanceFit - Online Jennifer	10.30-11.30 Intermediate / Advanced Tap class Online Ann	9.50 - 10.50 Adult Ballet Online Ann	10.30 - 11.15 Fun exercise Online Emma	
11am				11.00 - 11.45 Fun Dance Moves Online Ann		
12pm						
1pm						
2pm						
3pm						
4pm						
5pm						
6pm	6.00 - 6.30 HIIT Conditioning Online Cara		6.15 - 7.00 Bikini Bottoms and Core Online Cara			
7pm	630-730pm Advanced Adult Tap - Online Ann			7.30-8.30 ZUMBA Online Cara		

Our monthly virtual membership offers everyone the perfect balance of activity.