

NutritiousWorks Timetable

UNLIMITED ADULT CLASS MEMBERSHIP FOR £40 PER MONTH

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am		630-715am EARLY BIRD HIIT - Expert Fitness		630-725am Cardio Beach Body – Expert Fitness	630-725am Pilates - Expert Fitness	8-9am Becky's Beach Body Bootcamp - BH Park
8am						9 - 10am BoxFit - BH Park
9am	945- 1045am Cardio Barre - HAODS Studio	9-10am Bootcamp - (SKI FIT focus in Jan to March) - BH PARK	905-950am Body Blitz – No-Limits		9-10am Bootcamp - BH PARK	
10am		10 - 11am ZUMBA GOLD - HAODS Studio	10-11am Senior Ladies Advanced Tap - HAODS Studio	955-1055am Adult Ballet - HAODS Studio	1030- 1115am Body Blitz - Expert Fitness	
11am			11am -12pm Adult Intermediate Tap - HAODS Studio	11-1145am ZUMBA GOLD - HAODS Studio	1115- 1145pm Bikini Abs - Expert Fitness	
12pm						
1pm						
2pm						
3pm						
4pm						
5pm						
6pm	630-730pm Adult Tap - HAODS Studio		630-730pm Line Dancing – HAODS Studio			
7pm	745-830pm D.I.S.C.O Hiit with EJ - Expert Fitness	745-845pm Adult Ballet – No Limits	7 - 730pm Becky's Beach HIIT session - Expert Fitness	645-730pm Adult Jazz - HAODS Studio		
8pm			730-815pm - Legs Bums and Tums - Expert Fitness 815-830pm - power stretch	730-830pm ZUMBA Step with Cara – No Limits		