



HOAR CROSS HALL

STAFFORDSHIRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30-8.00 Abs Blast ♥ ♥	7.30-8.00 HIIT ♥ ♥ ♥	7.30-8.00 Upper Body Tone ♥ ♥	7.30-8.00 Cardio Fit ♥ ♥ ♥	7.30-8.00 Lower Body Tone ♥ ♥	8.00-8.30 HIIT ♥ ♥ ♥	8.00-8.30 Cardio Fit ♥ ♥ ♥
9.30-10.00 Ballet Fitness ♥ ♥	9.30-10.00 Box Fit HIIT ♥ ♥ ♥	9.30-10.00 HIIT ♥ ♥ ♥	9.30-10.00 Abs Blast ♥ ♥	9.30-10.00 Functional Fitness ♥ ♥ ♥	9.30-10.00 LBT ♥ ♥	9.30-10.00 Box Fit HIIT ♥ ♥ ♥
10.15-11.00 Zumba ♥ ♥ ♥	10.15-11.00 Body Sculpt ♥ ♥ ♥	10.15-11.00 LBT ♥ ♥	10.15-11.00 Body Sculpt ♥ ♥ ♥	10.15-11.00 Zumba ♥ ♥ ♥	10.15-11.15 Pilates ♥	10.15-11.00 Body Sculpt ♥ ♥ ♥
11.15-11.45 Stretch ♥	11.15-12.15 Yoga Fusion ♥	11.15-11.45 Ballet Fitness ♥ ♥	11.15-11.45 Functional Fitness ♥ ♥ ♥	11.15-11.45 Upper Body Tone ♥ ♥	11.30-12.00 Lower body Tone ♥ ♥	11.15-11.45 Stretch ♥
17.15-17.45 Body Sculpt ♥ ♥ ♥	17.15-17.45 Upper Body Tone ♥ ♥	17.15-17.45 Lower Body Tone ♥ ♥	17.15-17.45 LBT ♥ ♥	14.15-14.45 Functional Fitness ♥ ♥ ♥	14.15-14.45 Abs ♥ ♥	14.15-14.45 Box Fit HIIT ♥ ♥ ♥
18.15-18.45 Cardio Fit ♥ ♥ ♥	18.15-18.45 Box Fit HIIT ♥ ♥ ♥	18.15-18.45 Body Sculpt ♥ ♥ ♥	18.15-18.45 Upper Body Tone ♥ ♥	18.15-18.45 Lower Body Tone ♥ ♥	18.15-18.45 HIIT ♥ ♥ ♥	15.00-16.00 Yoga ♥ ♥