

Zoom Timetable

Mon

Full Body workout with Ben
08:00

Squash Fitness with Carrie
19:00

Tues

Rackets Fitness with the Tennis Team
11:00

Wed

Core strength & Conditioning
Chris 08:00

Full Body workout with Alastair
18:00

Thur

Coffee & Catch-up
11:00

Pilates with Miranda
19:15

Fri

Golden Fitness with
Alastair 10:00

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Sat

Bootcamp with Ben
10:00

Sun

Family Fitness with the Tennis Team
10:00