



FIT2FITE Online Class Timetable

Week 1

Day	Time	Class	Instructor
Monday	19.00	FIT2FITE Fighting Moves to Funky Grooves	Ross Mathieu
Tuesday	19.00	F2Floor Core Static Muscular Strength & Endurance	Claire Burton
Wednesday	19.00	FIT2FITE Fighting Moves to Funky Grooves	Natalie Williams
Thursday	19.00	F2F HIIT Super 7 Ballistic Circuit	Ross Mathieu / Natalie Williams
Friday	19.00	Fit2Flexibility Yoga, Pilates, Stretching fusion	Dianne Reilly
Saturday	10.00	FIT2FITE Fighting Moves to Funky Grooves	Claire Burton
Sunday	16.00	FIT2FITE Fighting Moves to Funky Grooves	Dianne Reilly

NB: If you are participating in one of the above fitness classes, participants should find a suitable place in their homes i.e. with sufficient space and ventilation for the activity being undertaken. Participants should wear appropriate clothing and foot wear and should keep hydrated. If participants have any existing health conditions they should not participate if they believe the activity would put them at risk.