

## Lockdown 2.0 Timetable

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Zoom Full Body *6.45am		Zoom Core & More *6.45am		Zoom HIIT *6.45am
Zoom Cardio *9.00am	**Personal Training @ the Beach by appoint 2:1 or 1:1 9.15am		**Personal Training @ the Beach by appoint 2:1 or 1:1 9.15am	**Personal Training @ the Beach by appoint 2:1 or 1:1 9.15am	

\*All our Zoom classes are recorded so you can complete the class anytime for up to 7 days after the class is completed.

\*\*Personal Training Sessions are all outdoors at permitted spots in Bayside and must be booked 48 hours in advance. Covid-19 guidelines must be adhered to at all times before, during and after the sessions.

## Post Lockdown 2.0 Timetable

Sunday	Monday	Thursday	Wednesday	Thursday	Friday
	Zoom Full Body *6.45am	F2F Men's Strength Endurance 6.00am	Zoom Core & More *6.45am	F2F Men's Strength Endurance 6.00am	Zoom HIIT *6.45am
F2F Cardio @ the Beach 9.00am	F2F Full Body @ the Park 9.15am		F2F Cardio and Core @ the Beach 9.15am	F2F Core & More @ the Park 9.15am	

\*All our Zoom classes are recorded so you can complete the class anytime for up to 7 days after the class is completed.

\*\*F2F (Face to Face) classes will only go ahead once government restrictions have been lifted and it is safe to do so. Covid-19 guidelines must be adhered to at all times before, during and after the sessions