












Face 2 Face and Online Timetable

MONDAY	9.30am - 10.15am Fitness Pilates with weights 	10.15am - 11.00am Qigon 	12:30pm - 1:00pm Abs Blast 	6.00pm - 6:30pm Meditation (Alternate Mondays Every 2nd & 4th Monday) 	6.00pm - 7:00pm Circuit Training  HGS £10 Pay as you go
TUESDAY	 6.15am - 7.00am <u>Early Bird Circuits</u> HGS £10 Pay as you go	 9:15am - 10.00am <u>Fitness Pilates</u> The Hub Knaresborough £10 Pay as you go	9:30am - 10.00am Strength Training 	6:00pm - 7.00pm Vinyasa Flow Yoga 	
WEDNESDAY		9.30am - 10.15am HIIT Training 	 6:00pm - 6.45pm Boxercise Circuits HGS £10 Pay as you go	7:00pm - 7.45pm Gentle Stretch Pilates 	 7:00pm - 7.45pm <u>Pilates</u> HGS £10 Pay as you go
THURSDAY	6.30am - 7.00am Early Bird Full Body Strength 	9:30am - 10.00am 80's Vibe Intervals 	10:15am - 10.45am Strength Training 	12:30pm - 1:15pm Power Pilates Advanced 	5:45pm - 6:45pm Yoga Gently 
FRIDAY	 9.15am - 10.00am <u>Fitness Pilates with Weights</u> HSFC  £10 Pay as you go	10.15am - 11.15am Vinyasa Flow Yoga 			
SATURDAY	 9.00am - 9.45am <u>HIIT Training</u> HGS £10 Pay as you go		9.00am - 9.45am	All Classes must be booked online via the Website or the App https://heavenandhellfitness.com/book-your-class/	

 Face to Face Classes

 Live Online Zoom Classes
Workout from home

 Face to Face & Online Class

HSFC - Harrogate Squash & Fitness Centre
HGS - Harrogate Grammar School