


























MONDAY	9.30am - 10.15am St. Wilfrids Church  Fitness Pilates with weights 	12.30pm - 1pm Zoom Lunchtime Abs Blast 	7.30pm - 8:30pm Hgte Grammar School Main Hall  Boxercise 			
TUESDAY	6.15am - 7.00am Hgte Grammar School Main Hall  Early Bird HIIT Training 	9:15am - 10.00am The Hub Knaresborough  Fitness Pilates with weights 				
WEDNESDAY	7.30am - 8.30am Zoom Rise and Shine Yoga 	9.30am - 10.15am Zoom HIIT Training 	6:00pm - 6.45pm Hgte Grammar School Main Hall  Cardio workout 	7:00pm - 7.45pm Hgte Grammar School Main Hall  Fitness Pilates 		
THURSDAY	6.15am - 7.00am Hgte Grammar School Main Hall  Early Bird HIIT Training 	9.30am - 10.15am Zoom Kickbox Cardio 	10:30am - 11.00am Zoom Strength Masterclass 	12.30pm - 1:15pm Zoom Power Pilates Advanced 	5:45pm - 6:45pm Zoom "Sunset" Yoga Practice 	7.00pm - 7.30pm Zoom Sunset Stretch Masterclass 
FRIDAY	9.30am - 10.15am St. Wilfrids Church  Fitness Pilates with weights 					
SATURDAY	8.30am - 09:15am Hgte Grammar School Main Hall  HIIT Training 