

JAN 2021

**ONLINE ZOOM +
YOUTUBE
CLASSES**

MON	TUE	WED	THU	FRI	SAT
				1	2
				NO CLASS	KETTLEBELLS 10AM - 11AM
4	5	6	7	8	9
BODYWEIGHT BOOT CAMP 6.30PM - 7.30PM	CORE, ABS, CARDIO 10AM - 11AM + KETTLEBELLS 6.30PM - 7.30PM	YOUTUBE CLASSES AVAILABLE	FAT BURNER 6.30PM - 7.30PM	CORE, ABS, CARDIO 10AM - 11AM	KETTLEBELLS 10AM - 11AM
11	12	13	14	15	16
BODYWEIGHT BOOT CAMP 6.30PM - 7.30PM	CORE, ABS, CARDIO 10AM - 11AM + KETTLEBELLS 6.30PM - 7.30PM	YOUTUBE CLASSES AVAILABLE	FAT BURNER 6.30PM - 7.30PM	CORE, ABS, CARDIO 10AM - 11AM	KETTLEBELLS 10AM - 11AM
18	19	20	21	22	23
BODYWEIGHT BOOT CAMP 6.30PM - 7.30PM	CORE, ABS, CARDIO 10AM - 11AM + KETTLEBELLS 6.30PM - 7.30PM	YOUTUBE CLASSES AVAILABLE	FAT BURNER 6.30PM - 7.30PM	CORE, ABS, CARDIO 10AM - 11AM	KETTLEBELLS 10AM - 11AM
25	26	27	28	29	30
BODYWEIGHT BOOT CAMP 6.30PM - 7.30PM	CORE, ABS, CARDIO 10AM - 11AM + KETTLEBELLS 6.30PM - 7.30PM	YOUTUBE CLASSES AVAILABLE	FAT BURNER 6.30PM - 7.30PM	CORE, ABS, CARDIO 10AM - 11AM	KETTLEBELLS 10AM - 11AM

My fitness classes are currently **online and will be broadcast live via Zoom.**

If you are unable to do the live Zoom classes, there are always YouTube classes available on any day and time that suits you.

The YouTube classes available are Kettlebells, Core Abs and Cardio, Bodyweight Bootcamp and Fat Burning.

All classes are £6 per person and the Zoom classes will continue online until the government advise us that we can go back to normal.

To pay for Zoom or YouTube classes please contact me for payment details and link.