

AUGUST 2021  
 OUTDOOR,  
 INDOOR, ZOOM +  
 YOUTUBE

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
HALL PLACE + ZOOM BEGINNERS + ADVANCED BODYWEIGHT BOOT CAMP 6.30PM - 7.30PM	AYLESFORD COM CENTRE + ZOOM CORE, ABS, CARDIO 10AM - 11AM + ALL SAINTS CHURCH + ZOOM KETTLEBELLS 7PM - 8PM	YOUTUBE CLASSES ONLY	ZOOM BEGINNERS + ADVANCED BODYWEIGHT BOOT CAMP 6.30PM - 7.30PM	AYLESFORD COM CENTRE + ZOOM CORE, ABS, CARDIO 10AM - 11AM	ALL SAINTS CHURCH + ZOOM KETTLEBELLS 10AM - 11AM
9	10	11	12	13	14
HALL PLACE + ZOOM BEGINNERS + ADVANCED BODYWEIGHT BOOT CAMP 6.30PM - 7.30PM	AYLESFORD COM CENTRE + ZOOM CORE, ABS, CARDIO 10AM - 11AM + ALL SAINTS CHURCH + ZOOM KETTLEBELLS 7PM - 8PM	YOUTUBE CLASSES ONLY	ZOOM BEGINNERS + ADVANCED BODYWEIGHT BOOT CAMP 6.30PM - 7.30PM	AYLESFORD COM CENTRE + ZOOM CORE, ABS, CARDIO 10AM - 11AM	ALL SAINTS CHURCH + ZOOM KETTLEBELLS 10AM - 11AM
16	17	18	19	20	21
HALL PLACE + ZOOM BEGINNERS + ADVANCED BODYWEIGHT BOOT CAMP 6.30PM - 7.30PM	AYLESFORD COM CENTRE + ZOOM CORE, ABS, CARDIO 10AM - 11AM + ALL SAINTS CHURCH + ZOOM KETTLEBELLS 7PM - 8PM	YOUTUBE CLASSES AVAILABLE	ZOOM BEGINNERS + ADVANCED BODYWEIGHT BOOT CAMP 6.30PM - 7.30PM	AYLESFORD COM CENTRE + ZOOM CORE, ABS, CARDIO 10AM - 11AM	ALL SAINTS CHURCH + ZOOM KETTLEBELLS 10AM - 11AM
23	24	25	26	27	28
HALL PLACE + ZOOM BEGINNERS + ADVANCED BODYWEIGHT BOOT CAMP 6.30PM - 7.30PM	AYLESFORD COM CENTRE + ZOOM CORE, ABS, CARDIO 10AM - 11AM + ALL SAINTS CHURCH + ZOOM KETTLEBELLS 7PM - 8PM	YOUTUBE CLASSES ONLY ON HOLS	ZOOM BEGINNERS + ADVANCED BODYWEIGHT BOOT CAMP 6.30PM - 7.30PM	AYLESFORD COM CENTRE + ZOOM CORE, ABS, CARDIO 10AM - 11AM	ALL SAINTS CHURCH + ZOOM KETTLEBELLS 10AM - 11AM
30	31	1 Sept	2	3	4
HALL PLACE + ZOOM BEGINNERS + ADVANCED BODYWEIGHT BOOT CAMP 6.30PM - 7.30PM	AYLESFORD COM CENTRE + ZOOM CORE, ABS, CARDIO 10AM - 11AM + ALL SAINTS CHURCH + ZOOM KETTLEBELLS 7PM - 8PM	YOUTUBE CLASSES ONLY ON HOLS	ZOOM BEGINNERS + ADVANCED BODYWEIGHT BOOT CAMP 6.30PM - 7.30PM	AYLESFORD COM CENTRE + ZOOM CORE, ABS, CARDIO 10AM - 11AM	ALL SAINTS CHURCH + ZOOM KETTLEBELLS 10AM - 11AM

Aylesford Community Centre morning classes are outside in the park and also live via Zoom.

Monday night Bodyweight Boot Camp is outside at Hall Place, Bourne Road, Bexley at 6.30pm, weather permitting and also live via Zoom.

**The Thursday evening class will remain on Zoom indefinitely and is now a Bodyweight Boot Camp class for beginners to advanced.**

If you are unable to do the outside or live Zoom classes, there are 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.

To pay for all classes please contact me for details: [tara@fitnfearlessexercise.co.uk](mailto:tara@fitnfearlessexercise.co.uk)