|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **SEPT 2025**  **FNF TIMETABLE**  **MON** | **TUES** | **WED** | **THU** | **FRI** | **SAT** |
| **1** | **2** | **3** | **4** | **5** | **6** |
| **CORE + TONE**  **6.30PM-7.30PM ST MARY OF THE CRAYS CHURCH HALL DA1 4DN** | **CORE, TONE + CARDIO**  **10AM-11AM**  **AYLESFORD COM CENTRE ME20 7AU**  **+ KETTLEBELLS**  **6.30PM-7.30PM**  **ALL SAINTS CHURCH DA17 5JE + ZOOM** | **NO CLASS**  **YOUTUBE CLASSES**  **AVAILABLE** | **SHADOW BOXING**  **6.30PM-7.30PM ZOOM ONLY** | **FAT BURNER**  **10AM-11AM**  **AYLESFORD VILLAGE COMMUNITY CENTRE**  **ME20 7AU** | **KETTLEBELLS**  **10AM-11AM**  **ALL SAINTS CHURCH HALL DA17 5JE + ZOOM** |
| **8** | **9** | **10** | **11** | **12** | **13** |
| **NO CLASS**  **YOUTUBE CLASSES**  **AVAILABLE** | **NO CLASS**  **YOUTUBE**  **CLASSES**  **AVAILABLE** | **NO CLASS**  **YOUTUBE CLASSES**  **AVAILABLE** | **NO CLASS**  **YOUTUBE CLASSES**  **AVAILABLE** | **NO CLASS**  **YOUTUBE CLASSES**  **AVAILABLE** | **NO CLASS**  **YOUTUBE CLASSES**  **AVAILABLE** |
| **15** | **16** | **17** | **18** | **19** | **20** |
| **NO CLASS**  **YOUTUBE CLASSES**  **AVAILABLE** | **NO CLASS**  **YOUTUBE**  **CLASSES**  **AVAILABLE** | **NO CLASS**  **YOUTUBE CLASSES**  **AVAILABLE** | **NO CLASS**  **YOUTUBE CLASSES**  **AVAILABLE** | **NO CLASS**  **YOUTUBE CLASSES**  **AVAILABLE** | **NO CLASS**  **YOUTUBE CLASSES**  **AVAILABLE** |
| **22** | **23** | **24** | **25** | **26** | **27** |
| **NO CLASS**  **YOUTUBE CLASSES**  **AVAILABLE** | **CORE, TONE + CARDIO**  **10AM-11AM**  **AYLESFORD COM CENTRE ME20 7AU**  **+ KETTLEBELLS**  **6.30PM-7.30PM**  **ALL SAINTS CHURCH DA17 5JE + ZOOM** | **NO CLASS**  **YOUTUBE CLASSES**  **AVAILABLE** | **SHADOW BOXING**  **6.30PM-7.30PM ZOOM ONLY** | **FAT BURNER**  **10AM-11AM**  **AYLESFORD VILLAGE COMMUNITY CENTRE**  **ME20 7AU** | **KETTLEBELLS**  **10AM-11AM**  **ALL SAINTS CHURCH HALL DA17 5JE + ZOOM** |
| **29** | **30** | **1 OCT** | **2** | **3** | **4** |
| **CORE + TONE**  **6.30PM-7.30PM ST MARY OF THE CRAYS CHURCH HALL DA1 4DN** | **CORE, TONE + CARDIO**  **10AM-11AM**  **AYLESFORD COM CENTRE ME20 7AU**  **+ KETTLEBELLS**  **6.30PM-7.30PM**  **ALL SAINTS CHURCH DA17 5JE + ZOOM** | **NO CLASS**  **YOUTUBE CLASSES**  **AVAILABLE** | **SHADOW BOXING**  **6.30PM-7.30PM ZOOM ONLY** | **FAT BURNER**  **10AM-11AM**  **AYLESFORD VILLAGE COMMUNITY CENTRE**  **ME20 7AU** | **KETTLEBELLS**  **10AM-11AM**  **ALL SAINTS CHURCH HALL DA17 5JE + ZOOM** |

**Aylesford Community Centre morning classes are outside in the park, if the weather is bad then the classes will be live via Zoom. The Thursday Shadow Boxing will be live via Zoom only and is 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 Circuits and Fat Burning. All classes are £6.50 per person. To pay for classes and for Zoom and YouTube details, please contact me at: tara@fitnfearlessexercise.co.uk**