

GROUP EXERCISE

Online
Classes

<u>MONDAY</u>	<u>CLASS</u>	<u>VENUE</u>
12:15 – 13:00	YIN YOGA – Moira	ZOOM
18:00 – 18:30	HIIT – Danny	ZOOM
18:45 – 19:30	TEMPO CIRCUITS – Danny	ZOOM

<u>TUESDAY</u>	<u>CLASS</u>	<u>VENUE</u>
12:15 – 13:00	ZUMBA – Angela G	ZOOM
18:45 – 19:30	PILATES – Angela K	ZOOM

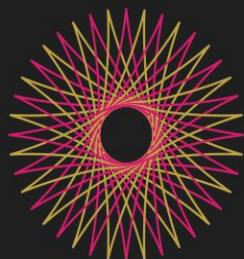
<u>WEDNESDAY</u>	<u>CLASS</u>	<u>VENUE</u>
09:30 – 10:15	TEMPO CIRCUITS – Danny	ZOOM
12:15 – 13:00	YOGA – Moira	ZOOM
18:30 – 19:15	ORIAM X-FIT – Danny	ZOOM

<u>THURSDAY</u>	<u>CLASS</u>	<u>VENUE</u>
09:30 – 10:15	ACTIVE LIVING – Sarah	ZOOM
12:15 – 13:00	ORIAM X-FIT – Danny	ZOOM

<u>FRIDAY</u>	<u>CLASS</u>	<u>VENUE</u>
08:30 – 09:15	YOGA – Moira	ZOOM
12:00 – 12:45	LBT – Claire	ZOOM
18:15 – 19:00	ORIAM X-FIT – Danny	ZOOM

<u>SATURDAY</u>	<u>CLASS</u>	<u>VENUE</u>
09:30 – 10:15	PILATES – Angela K	ZOOM

<u>SUNDAY</u>	<u>CLASS</u>	<u>VENUE</u>
10:45 – 11:30	TOTAL BODY – Claire	ZOOM



Oriam
HEALTH AND FITNESS

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