

2nd Semester 2023

Monday				
Activity	Times	Location	Start date	End date
HIIT***	12.00 - 12.30	WBR G.66	09.01.23	03.04.23
Tai Chi Plus *	12.00 - 12.45	WBR G.65	15.01.23	03.04.23
LBT **	12.30 -13.00	Zoom	09.01.23	03.04.23
Tai Chi For Health*	13.00 - 13.45	WBR G.66 & Zoom	15.01.23	03.04.23
Pilates for Backs *	13.10 - 13.40	Zoom	09.01.23	03.04.23
Rig Circuit **	16.00 – 16.45	ARM R Gym	09.01.23	03.04.22
LBT **	17.00 - 17.45	ARM Conf	09.01.23	03.04.23
HIIT **	17.00 - 17.30	ARM Studio	30.01.23	20.03.23
Iyengar Yoga **	17.00 - 18.30	WBR G.66	09.01.23	03.04.23
Zumba **	18.30 - 19.30	ARM Studio	30.01.23	20.03.23
Tuesday				
Activity	Times	Location	Start date	End date
Hatha Yoga *	11.30 - 12.30	Zoom	03.01.23	04.04.23
Step **	12.00 - 12.30	WBR G.66	03.01.23	04.04.23
Body Blast **	12.30 - 13.00	Zoom	03.01.23	04.04.23
Yogalates *	12.00 - 12.45	WBR G.65	31.02.23	21.03.23
Power Yoga **	12.35 - 13.35	WBR G.66	03.01.23	04.04.23
Yoga HiiT ***	17.00 - 17.45	ARM Studio	31.01.23	21.03.23
Zumba **	17.00 - 17.45	WBR G.66	31.02.23	21.03.23
Step **	17.00 - 17.45	ARM Conf	03.01.23	04.04.23
Barbell Sculpt **	18.00 - 18.45	ARM Studio	03.01.23	04.04.23
Boxercise **	18.00- 19.00	WBR G.66	31.02.23	21.03.23
Ashtanga Yoga***	18.00-19.30	WBR G.65	10.01.23	04.04.23
HIIT **	19.15 - 19.45	ARM Studio	31.01.23	21.03.23
Wednesday				
Activity	Times	Location	Start date	End date
Mixed Ability Pilates **	12.00 - 12.45	WBR G.66 & Zoom	04.01.23	05.04.23
Zumba **	13.00 - 13.30	WBR G.66 & Zoom	18.01.23	05.04.23
Street Dance *	14.00 - 14.45	WBR G.66	01.02.23	22.03.23
Dance Hall/Afro **	14.45 - 15.30**	WBR G.66	01.02.23	22.03.23
Zumba **	15.00 - 15.45	ARM Studio	01.02.23	22.03.23
Pilates *	16.30 - 17.15	WBR G.66	18.01.23	05.04.23
Indoor Cycling **	17.00 - 17.45	ARM Studio	01.02.23	22.03.23
HIIT ***	18.00 - 18.45	WBR G.65	01.02.23	22.03.23
Iyengar Yoga**	17.30 - 19.00	WBR G.66	04.01.23	05.04.23
Yoga **	18.00 - 19.00	ARM Studio	01.02.23	22.03.23
Thursday				
Activity	Times	Location	Start date	End date
Body Blast **	12.00 - 12.30	Zoom	05.01.23	05.04.23
Tai Chi for Health*	12.30 - 13.15	Zoom	05.01.23	05.04.23
Barbell Sculpt **	12.00 - 12.30	WBR G.66	05.01.23	06.04.23
Power Yoga ***	12.30 - 13.30	WBR G.65	05.01.23	06.04.23
Pilates **	17.00 - 17.45	WBR G.65	02.02.23	23.03.23

Zumba **	17.00 - 17.45	WBR G.66	02.02.23	23.03.23
Step **	17.00 - 17.45	ARM Conf	02.02.23	06.04.23
LBT **	18.00 - 18.45	WBR G.66	02.02.23	23.03.23
Body Conditioning **	18.00 - 18.45	ARM Studio	04.01.23	06.04.23
Ashtanga Yoga ***	18.00 - 19.30	WBR G.65	05.01.23	06.04.23
Indoor Cycling**	19.00 - 19.45	ARM Studio	02.02.23	06.04.23
Friday				
Activity	Times	Location	Start date	End date
Rig Circuit **	09.00 - 9.45	ARM Gym	05.01.23	07.04.23
Zumba **	12.00-12.30	Zoom	20.01.23	07.04.23
Kettlebells ***	12.00 - 12.45	WBR G.66	03.02.23	24.03.23
Hatha Yoga **	12.30 - 13.15	WBR G.65	06.01.23	07.04.23
Friday Flex *	12.35 - 13.05	Zoom	06.01.23	07.04.23
Yoga & Mindfulness *	17.00 - 18.00	ARM Studio	03.02.23	07.04.23
Saturday				
Activity	Times	Location	Start date	End date
Boxercise	10.00 - 10.45	ARM Studio	04.02.23	25.03.23
Yoga	11.00 - 12.00	ARM Studio	04.02.23	25.03.23
Sunday				
Activity	Times	Location	Start date	End date
Rig Circuit **	11.00 - 11.45	ARM Gym	07.01.23	09.04.23
HIIT**	15.30 - 16.00	ARM Studio	07.01.23	09.04.23