

TF COVID-19 TIMETABLE

Monday

7:30-8:15am **HIIT** James
8.15am-8.55am **Barrebody** Elishea
9.00am-9.55am **Pilates Mixed Ability** Sara
9.45am-10.30am **HIIT** James
10.00am-10.40am **Arms & Abs** Elishea
10.30am-11.25am **Pilates Mixed Ability** Sara
12.00pm-12.40pm **Barrebody** Elishea
6.00pm-6.45pm **HIIT** James
6.45pm-7.30pm **HIIT** James
7.00pm-7.55pm **Pilates Mixed Ability** Sara

Tuesday

9.45am-10.30am **HIIT** James
10.00am-10.55am **Pilates Beginners** Sara
10.00am-10.40am **Arm & Abs** Elishea
12.00pm-12.30pm **Meditation & Relaxation** Sara
7.15pm-7.55pm **Barrebody** Elishea
7:45pm-8:45pm **Yoga** Helen

Wednesday

7.30am-8.15am **HIIT** James
8.15am-8.55am **Barrebody** Elishea
9.45am-10.30am **HIIT** James
10.00am-10.55am **Pilates Mixed Ability** Sara
11.05-12.00pm **Beginners Rehab & Neuro** Sara
12.00pm-12.40pm **Barrebody** Elishea
3.00pm-3.45pm **HIIT** James
6.00pm-6.40pm **LBT** Louise
6.00pm-6.45pm **HIIT** James
6.45pm-7.30pm **HIIT** James

Thursday

9.45am-10.30am **HIIT** James
10.00am-10.40am **Arms & Abs** Elishea
10.00am-10.55am **Over 60s Pilates** Sara
6.00pm-6.45pm **HIIT** James
6.00pm-7.00pm **Yoga** Helen
6.45pm-7.30pm **HIIT** James
7.15pm-7.55pm **Barrebody** Elishea

Friday

8.15am-8.55am **Barrebody** Elishea
9.45am-10.30am **HIIT** James
10.00am-10.40am **Arm & Abs** Elishea
10.00am-10.40am **LBT** Louise
10.00am-10.55am **Pilates Mixed Ability** Sara
11.05am-12pm **Pilates Intermediate Equipment** Sara
3.00pm-3:45pm **HIIT** James
6.00pm-6.45pm **HIIT** James

Saturday

8.15am-9.00am **HIIT** James
9.00am-9.40am **Barrebody** Elishea
10.00am-10.30 **Flow & Stretch** Elishea
10.00am-10.55am **Pilates Themed Class** Sara

CLASS LINKS

Elishea – Barreboby www.barreandbody.co.uk

James – HIIT www.behealthyactive.co.uk/hiit-online/

Sara – Pilates
<https://sarapughonlinepilatesclasses.as.me/>

Louise – LBT Email or Facebook:
lougeorge85@hotmail.co.uk

Helen -
white.helen@btinternet.com

TRINITY
FITNESS