

## CLASS TIMETABLE

KEY	Pink = Thamesmead Class
	Green = Laleham Park
	Yellow = Recorded session for Virtually Fresh
	Book using FitSense App (FS App)
	Book Online <a href="http://www.freshairoutdoortraining.com">www.freshairoutdoortraining.com</a>

Day	Time	Class	Instructor	Location	Where to Book
MON	09.00 am - 09.45 am	Spin	Rach	Fresh Gym Outdoor	FS App
	10.30 am - 11.30 am	Pilates	Emma	Fresh Gym Studio	FS App
	12.30 pm - 13.00 pm	Lunch Time Circuits	Fitness Staff	Fresh Gym Outdoor	FS App
	18.00 pm - 18.45 pm	Spin	Rach	Fresh Gym Outdoor	FS App
	18.30 pm - 19.15 pm	Ass & Abs	Cheryl	Fresh Sports Centre, Thamesmead	FS App
	19.30 pm - 20.15 pm	Spin	Jules	Fresh Gym Outdoor	FS App
	19.30 pm - 20.30 pm	Zumba	Cheryl	Thamesmead / Gymnasium	FS App
TUES	09.15 am - 09.45 am	Beginner Spin	Ellie	Fresh Gym Outdoor	FS App
	09.30 am - 10.15 am	Body conditioning	Muna	Fresh Gym Studio	FS App
	09.30 am - 10.15 am	Fresh Air Circuit	Jules	Laleham Park	Fresh Air
	11.00 am - 12.00 pm	Yoga	Karen	Fresh Gym studio	FS App
	12.30 pm - 13.00 pm	Lunch Time Circuits	Fitness Staff	Fresh Gym Outdoor	FS App
	18.30 pm - 19.30 pm	Pilates	Sarah	Fresh Sports Centre, Thamesmead	FS App
	19.00 pm - 19.45 pm	Fresh Air Circuit	Jules	Laleham park	Fresh Air
	19.00 pm - 19.45 pm	Spin	Muna	Fresh Gym Outdoor	FS App
19.30 pm - 20.30 pm	Yoga	Hilary	Fresh Gym Studio	FS App	
WED	09.30 am - 10.15 am	Body Blast	Ciaran	Laleham Park	Fresh Air
	09.30 am - 10.15 am	Spin	Gary	Fresh Gym Outdoor	FS App
	10.00 am - 10.45 am	Pilates	Sarah	Fresh Gym Studio	FS App
	12.30 pm - 13.00 pm	Lunch Time Circuits	Fitness Staff	Fresh Gym Outdoor	FS App
	18.00 pm - 18.45 pm	T45 (with or without weights)	Ildi	Fresh Gym Studio	FS App
	19.00 pm - 19.45 pm	Spin	Rach	Fresh Gym Outdoor	FS App
	19.15 pm - 20.00 pm	Pilates	Sarah	Fresh Gym Studio	FS App
	19.15 pm - 20.15 pm	HIIT Fit	Sarah	Fresh Sports Centre, Thamesmead	FS App
19.30 pm - 20.30 pm	Zumba	Cheryl	Fresh Sports Centre, Thamesmead	FS App	
THUR	09.30 am - 10.15 am	Fresh Air Circuits	Ciaran	Laleham Park	Fresh Air
	09.30 am - 10.00 am	Beginner Spin	Ellie	Fresh Gym Outdoor	FS App
	09.30 am - 10.15 am	Dance Fit	Vicky	Pre-recorded for Virtually Fresh	
	11.00 am - 12.00 pm	Yoga	Emma	Fresh Gym Studio	FS App
	12.30 pm - 13.00 pm	Lunch Time Circuits	Fitness Team	Fresh Gym Outdoor	FS App
	19.00 pm - 19.45 pm	Fresh Air Bootcamps	Gary	Laleham Park	Fresh Air
	19.00 pm - 20.00 pm	Yoga	Candido	Fresh Gym Studio	FS App
	19.00 pm - 20.00 pm	Boxing Fit	Jess	Fresh Sports Centre, Thamesmead	FS App
FRI	09.30 am - 10.15 am	Freestyle	Jules	Laleham Park	Fresh Air
	09.30 am - 10.15 am	Spin	Gary	Fresh Gym Outdoor	FS App
	11.00 am - 12.00 pm	Pilates	Sarah	Fresh Gym Studio	FS App
	12.30 pm - 13.00 pm	Lunch Time Circuits	Fitness Team	Fresh Gym Outdoor	FS App
	18.00 pm - 18.45 pm	Spin	Muna	Fresh Gym Outdoor	FS App
SAT	09.00 am - 10.00 am	Boxing Fit	Andy	Fresh Sports Centre, Thamesmead	FS App
	09.30 am - 10.15 am	T45	Ildi	Fresh Gym Studio	FS App
	10.00 am - 10.45 am	Circuits	Gary	Laleham Park	Fresh Air
SUN	09.30 am - 10.30 am	Yoga	Hilary	Fresh Gym Studio	FS App
	09.30 am - 10.15 am	Spin (starting 9th August)	Muna	Fresh Gym Studio	FS App