

TEAM SOUTHAMPTON

FITNESS CLASS

Virtual (*) and Face to Face (#) Timetable



Monday	Tuesday	Wednesday	Thursday	Friday
Pilates & Pre Natal Stretch (*) 0830-0900 Jo	Core Fitness (*) and (#) 1200-1230 (JSC) Maxine	LBT (*) 1200-1230 Maxine	Pilates & Pre Natal Stretch (*) 0830-0900 Jo	Fitness Pilates (*) and (#) 1200-1230 (JSC) Maxine
Indoor Cycling (#) 1215-1245 (JSC) Ops Staff	Total Stretch (#) 1245-1315 (JSC) Maxine	Body Pump (#) 1715-1745 (TSH) Matt, Jack or Jon	Aero Conditioning (*) 1700-1745 Michela	Total Stretch (#) 1245-1315 Maxine (JSC)
Indoor Cycling (#) 1300-1330 (JSC) Ops Staff	Pilates (*) 1700-1745 Maxine	Body Pump (#) 1800-1830 (TSH) Matt, Jack or Jon	Indoor Cycling (#) 1715-1745 (JSC) Ops Staff	Star Circuits (*) 1700-1745 Michela
Zumba (#) 1700-1745 (JSC) Michela	Strong by Zumba (#) 1700-1745 (JSC) Michela		Indoor Cycling (#) 1800-1830 (JSC) Ops Staff	
Aqua (#) 1800-1845 (JSC) Michela	High Intensity Interval Training (#) 1815-1900 (JSC) Ops Staff			

Bodypump will be held in the Team Southampton Hall B42



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