

BodyFit Summer Holiday Class Timetable 2021

Please always check our [What's On Calendar](#) for the most up to date information.

July		Week 1	Location
Monday	19	No Classes	N/A
Tuesday	20	No Classes	N/A
		09:30 Core	Zoom
Wednesday	21	19:00 SS60	Zoom
		06:30 Core Ess	Zoom
Thursday	22	18:00 Muster Run 20:00 SS30	LHC Zoom
Friday	23	09:10 Core 10:30 CFA	Zoom Zoom
		Week 2	Location
		06:30 Core Ess	Zoom
Monday	26	18:30 Run 20:00 SS30	LHC Zoom
		09:30 Run	M'Gdns
Tuesday	27	16:30 CFA 17:50 Core	Zoom Zoom
Wednesday	28	19:00 SS60	Zoom
		06:30 Core Ess	Zoom
Thursday	29	18:00 Muster Run	LHC
Friday	30	09:10 Core 10:30 CFA	Zoom Zoom
August		Week 3	Location

Monday	2	18:30 Run 20:00 SS30	LHC Zoom
		09:30 Run	M'Gdns
		16:30 CFA 17:50 Core	Zoom Zoom
Tuesday	3	19:00 SS30'	Zoom
Wednesday	4	No Classes	
Thursday	5	18:00 Muster Run 20:00 SS30	LHC Zoom
Friday	6	09:10 Core 10:30 CFA	Zoom Zoom
		Week 4	
Monday	9	18:30 Run 20:00 SS30	LHC Zoom
		09:30 Run	M'Gdns
		16:30 CFA 17:50 Core	Zoom Zoom
Tuesday	10	19:00 SS30'	Zoom
Wednesday	11	No Classes	
Thursday	12	18:00 Muster Run 20:00 SS30	LHC Zoom
Friday	13	09:10 Core 10:30 CFA	Zoom Zoom
		Week 5	Location
W/C Mon 16th August		No Classes	N/A
		Week 6	Location
W/C Mon 23rd August		No Classes	N/A
		Week 7	Location
Monday	30	No Classes	N/A
Tuesday	31	No Classes	N/A
September			
Wednesday	1	No Classes	N/A
Thursday	2	Start of Term	

Key:

LHC:	Lakes Home Centre
M'Gdns	Memorial Gardens
SS60:	Simply Stretch 60 minutes
SS30:	Simply Stretch 30 minutes
Core Ess:	Core Essentials
CFA:	Circuits for All