

Lorna Scott Fitness: Autumn/Winter Timetable

From September 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
9 am :15 :30 :45					
10 am :15 :30 :45	Fitness Pilates (FP1) Zoom		Aerobics/Fat Burning (A2) Zoom Abs Blast (AB2) Zoom		Fitness Pilates (FP4) Zoom
11 am :15 :30 :45	Seated Exercises (SE1) Zoom		Seated Exercises (SE2) Zoom		
12 pm :15 :30 :45					
5 pm :15 :30 :45			Fitness Pilates (FP3) Zoom		
6 pm :15 :30 :45	Aerobics/Fat Burning (A1) Zoom Abs Blast (AB1) Zoom				
7 pm :15 :30 :45		Fitness Pilates (FP2) Zoom			