

Lorna Scott Fitness: Autumn/Winter Timetable

From September 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
9 am					
:15					
:30		Fabulous Fat Burner Little Heath			
:45					
10 am	Fitness Pilates (FP1) Zoom				Fitness Pilates (FP4) Zoom
:15					
:30					
:45					
11 am					
:15					
:30	Seated Exercises (SE1) Zoom		Seated Exercises (SE2) Zoom		
:45					
12 pm					
:15					
5 pm					
:15					
:30			Fitness Pilates (FP3) Zoom		
:45					
6 pm					
:15					
:30					
:45					
7 pm					
:15					
:30		Fitness Pilates (FP2) Wesley Hall			
:45					
8 pm					
:15					