

# Lorna Scott Fitness: Winter/Spring Timetable

## From February 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9 am</b> :15 :30 :45					
<b>10 am</b> :15 :30 :45	<b>Fitness Pilates (FP1) Zoom</b>		<b>Aerobics/Fat Burning (A2) Zoom</b>  <b>Abs Blast (AB2) Zoom</b>		<b>Fitness Pilates (FP4) Zoom</b>
<b>11 am</b> :15 :30 :45	<b>Seated Exercises (SE1) Zoom</b>		<b>Seated Exercises<sup>1</sup> (SE2) Zoom</b>		
<b>12 pm</b> :15 :30 :45					
<b>5 pm</b> :15 :30 :45			<b>Fitness Pilates (FP3) Zoom</b>		
<b>6 pm</b> :15 :30 :45	<b>Aerobics/Fat Burning (A1) Zoom</b>  <b>Abs Blast (AB1) Zoom</b>				
<b>7 pm</b> :15 :30 :45		<b>Fitness Pilates (FP2) Zoom</b>			

<sup>1</sup> Trial Class Running for February 2021; First Class on 3rd February 2021