

Lorna Scott Fitness: Autumn Timetable

From 31 August 2020

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