

# Lorna Scott Fitness: Winter/Spring Timetable

## From February 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>9 am</b>						
:15		<b>Aerobics/Fat Burning<sup>1</sup> (A2)</b> Little Heath				
:30						
:45						
<b>10 am</b>						
:15	<b>Fitness Pilates (FP1)</b> Zoom	<b>Fitness Pilates<sup>1</sup> (FP2)</b> Little Heath	<b>Aerobics/Fat Burning (A3)</b> Zoom		<b>Fitness Pilates (FP5)</b> Zoom	
:30						
:45			<b>Abs Blast (AB2)</b> Zoom			
<b>11 am</b>						
:15						
:30	<b>Seated Exercises (SE1)</b> Zoom					
:45			<b>Seated Exercises (SE2)</b> Zoom			
<b>12 pm</b>						
:15						
<b>5 pm</b>						
:15						
:30						
:45			<b>Fitness Pilates (FP4)</b> Zoom			
<b>6 pm</b>						
:15	<b>Aerobics/Fat Burning (A1)</b> Zoom					
:30						
:45	<b>Abs Blast (AB1)</b> Zoom					
<b>7 pm</b>						
:15						
:30						
:45		<b>Fitness Pilates<sup>1</sup> (FP3)</b> Wesley Hall				
<b>8 pm</b>						
:15						
:30						
:45						

<sup>1</sup> Trial Classes Running for February and March 2022; First Class on 8th February 2022