

# ONLINE EXERCISE CLASSES

Week  
commencing  
**Monday 7th  
September**

Sign up for my live online classes for just £20 or £27 per month. That's less than £1 per day for access to up to 12 classes a week, plus special themed Masterclasses!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>0800</b>	0800 - 0830 <b>Wake Up stretch</b>				
<b>0900</b>	0900- 0945 <b>Aerobics</b>	0900- 0945 <b>Pilates All Levels</b>	0900 - 0945 <b>Standing Arms and Abs</b>	0900 - 0945 <b>Pilates Beginners</b>	0900- 0945 <b>Stretch and Flex</b>
<b>1000</b>	1015 - 1100 <b>Steady and Strong</b>		1015- 1100 <b>Paracise</b>	1015 - 1100 <b>Combat Conditioning</b>	
<b>1100</b>					
<b>1200</b>					
<b>1300</b>					
<b>1400</b>					
<b>1500</b>					
<b>1700</b>		1730 - 1815 <b>Legs Bums &amp; Tums</b>		1730 - 1815 <b>Improvers Pilates</b>	
<b>1800</b>					

Some classes will be LIVE on my private 'online classes' Facebook Group and/or on Zoom. An email with the links to the classes will be sent to your email address. Log on 5 minutes before times shown above.

If you can't make it live you can catch up in the Facebook group any time in the week or at the weekend.

To purchase your monthly pass and get access to the full timetable of online exercise classes, go to:

[www.healthdriven.co.uk/online-classes](http://www.healthdriven.co.uk/online-classes)