

HEIDI'S ONLINE STUDIO

Sign up for my online classes for just £20 for pre-recorded classes or £27 with two live classes included per month. Or you can pay-as-you-go for each class for £5.99 each.

WEEK 5
commencing
Monday 12th
October

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0800		0800 - 0830 Wake Up and Stretch				
0900	0900 - 0945 Senior Disco		0900 - 0945 Paracise	0900 - 0945 Pilates All Levels	0900- 0945 Stretch and Relax	
1000		1015- 1100 Resistance Bands				
1100						
1200						
1300						
1400						
1500						
1700			1730 - 1815 Beginners Pilates	1730 - 1815 Legs Bums and Tums		
1800	1800 - 1845 (LIVE) Steady and Strong		1830- 1915 (LIVE) Step Conditioning			
1900						

All classes will be pre recorded and appear at the times scheduled in my private 'Heidi's Online Studio' Facebook Group. Those that have purchased the option 3 membership will be sent a Zoom link to access the two live classes at the time scheduled above. If you can't make it live I can send you the recording.