

Sign up for my online classes for just £20 a month for 8 or more pre-recorded classes .
Or you can pay-as-you-go for each class for £5.99 via my website: healthdriven.co.uk/online-classes

TIME	MONDAY 4th	TUESDAY 5th	WEDNESDAY 6th	THURSDAY 7th	FRIDAY 8th	SATURDAY 9th
0800						
0900	0900 - 0945 Aerobics	0900 - 0945 All level Pilates	0900 - 0945 Arms and Abs	0900 - 0945 Beginners Pilates	0900 - 0945 Stretch and Relax	0900 - 1000 HIIT Pilates
1000	1000 - 1045 Steady and Strong	1000 - 1030 Lift Lean	1000 - 1045 Paracise	1000 - 1100 Butts Bellies and Batwings		
1100						
1200						
1300						
1400						
1500						
1700	1730 - 1815 Legs, Bums & Tums	1730 - 1825 (LIVE) Beginners Pilates		1730 - 1815 Improvers Pilates		
1800		1835 - 1930 (LIVE) Improvers Pilates				
1900						

- All these classes are pre recorded and appear at the times scheduled in 'Heidi's Online Studio' Private Facebook Group.
- These classes are separate 6 week Pilates courses live on Zoom and can be purchased via my website.
- This class is live on Facebook and Zoom and included in your monthly membership.