

HEIDI'S ONLINE STUDIO

WEEK 10
commencing
Monday 16th
November

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0800						
0900	0900 - 0945 Latin Style Aerobics	0900 - 0945 Pilates all Levels	0900 - 0945 Arms and Abs	0900 - 0945 Beginners Pilates	0900 - 0945 Pilates Flow	0900 - 0945 (LIVE) Paracise (New Routines)
1000	1000- 1045 Steady and Strong	1000- 1030 Fit in 30	1000 - 1045 Paracise	1000- 1045 Weights and Plates	1000 - 1045 Stretch and relax	
1100						
1200						
1300						
1400						
1500						
1700		1730 - 1815 Legs Bums and Tums		1730 - 1815 Improvers Pilates		
1800	1800 - 1845 (LIVE) Falls Prevention					
1900						

- All these classes are pre recorded and appear at the times scheduled in 'Heidi's Online Studio' Private Facebook Group.
- These classes are live on Zoom. If you want to join in you can pay as you go via Health Driven website and i will send you a link.