

# 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 1**  
commencing  
**Monday 14th**  
**September**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0800					0800 - 0845 <b>Stretch and Relax</b>	
0900	0900- 0945 <b>Aerobics</b>	0900- 0945 <b>Pilates All Levels</b>		0900 - 0945 <b>Pilates Beginners</b>		
1000	1015 - 1100 <b>Steady and Strong</b>		1015- 1100 <b>Paracise</b>			1000 - 1045 (LIVE) <b>Steady &amp; Strong</b>
1100						
1200						
1300						
1400						
1500						
1700		1745- 1830 <b>Legs Bums &amp; Tums</b>		1730 - 1815 <b>Pilates Flow</b>		
1800			1800 - 1845 (LIVE) <b>Paracise</b>			

All classes will be pre recorded and appear at the times scheduled in my private 'Heidi's Online Studio' Facebook Group which you can access via this link: [facebook.com/groups/onlineclasseswithhealthdriven](https://www.facebook.com/groups/onlineclasseswithhealthdriven)

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.

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)