

# The Lensbury at Home



# Virtual Class Schedule

## Monday 4<sup>th</sup> January

Cardio Tone	Jos	09:30 – 10:15
Pilates	Lyn	11:00 – 11:45
Aerobics	Anne	18:30 – 19:15

## Tuesday 5<sup>th</sup> January

Balance Flow	Zoe	09:00 - 09:45
Core	Zoe	10:00 – 10:30
Athletic Pilates	Lyn	18:00 – 18:45

## Wednesday 6<sup>th</sup> January

Body Blast	Poppy	09:45 – 10:30
Vinyasa Yoga	Kate Mundie	12:00 – 12:45
Fight Camp	Hamid	18:30 – 19:15

## Thursday 7<sup>th</sup> January

Konga	Emma	09:30 – 10:15
Pilates	Zoe	11:00 – 11:45
Ballet Fusion	Sarah MA	12:30 – 13:15

## Friday 8<sup>th</sup> January

Zumba	Emma	10:00 – 10:45
Time to Move	Vanessa	11:30 – 12:15
Vinyasa Flow	Louisa	18:00 – 18:45

## Saturday 9<sup>th</sup> January

Cardio Conditioning	Jos	09:30 – 10:15
Balance Flow	Lisa Hayler	11:00 – 11:45
Core	Lisa Hayler	12:00 – 12:45

## Sunday 10<sup>th</sup> January

Pilates	Lyn	08:30 – 09:15
Boxing/HIIT	Poppy	10:00 – 10:45
Hatha Flow	Edina	11:00 – 11:45

Take part in your favourite workout from the comfort of home with our live schedule of virtual classes. Our live classes can be viewed on The Lensbury Club App and cast to any compatible device including TV or PC.

Never miss your favourite class - login to the App to view our latest virtual timetable and to add these to your calendar.



# The Lensbury at Home



# Virtual Class Schedule

## Monday 11<sup>th</sup> January

Pilates	Kirsty	08:45 – 09:30
Dance Fitness	Nikki	10:30 – 11:15
Aerobics	Anne	18:30 – 19:15

## Tuesday 12<sup>th</sup> January

Konga	Emma	09:30 – 10:15
Time to Move	Vanessa	11:30 – 12:15
Pilates	Zoe	18:30 – 19:15

## Wednesday 13<sup>th</sup> January

Fitness Pilates	Poppy	09:30 – 10:15
Health for Life	Margaret	11:45 – 12:30
HIIT & Core	Julia	18:00 – 18:45

## Thursday 14<sup>th</sup> January

Vinyasa Yoga	Alva	09:45 – 11:15
Cardio Tone	Jos	12:00 – 12:45
Dynamic Sculpt	Emma	17:30 – 18:15

## Friday 15<sup>th</sup> January

Morning Flow	Louisa	09:00 – 09:45
Vinyasa Yoga	Sarah MA	11:30 – 12:15
Sound Bath	Alva	18:00 – 19:30

## Saturday 16<sup>th</sup> January

Zumba	Emma	09:30 – 10:15
Balance Flow	Lisa Hayler	11:00 – 11:45
Core	Lisa Hayler	12:00 – 12:45

## Sunday 17<sup>th</sup> January

Classical Meditation	Garry	09:00 – 09:45
Pilates	Caroline Cole	10:00 – 10:45
Hatha Yoga	Caroline Cole	11:00 – 11:45

A further 36 classes will be added for the weeks of 18<sup>th</sup> and 25<sup>th</sup> January.

Stay tuned to the App for updated timetable and save your favourite classes into your calendar!

