

HAYLEY HURDLE FITNESS – AUGUST 2020 VIRTUAL CLASS TIMETABLE



DATE	TIME	CLASS	FOCUS	EQUIPMENT REQUIRED
MONDAY 3 rd AUG	19:30	STRENGTH AND CONDITIONING	UPPER BODY	DUMBBELLS, MAT
TUESDAY 4 th AUG	12:15	30-MIN EXPRESS SESSION	CARDIO & CORE	MAT
WED 5 th AUG	19:30	HIIT	CARDIO	MAT
FRIDAY 7 th AUG	19:30	STRENGTH & CONDITIONING	FULL BODY	DUMBBELLS, MAT
MONDAY 10 th AUG	19:30	STRENGTH AND CONDITIONING	LOWER BODY	DUMBBELLS, MAT
TUESDAY 11 th AUG	12:15	30-MIN EXPRESS SESSION	CARDIO & CORE	MAT
WED 12 th AUG	19:30	HIIT	CARDIO	MAT
FRIDAY 14 th AUG	19:30	STRENGTH & CONDITIONING	FULL BODY	DUMBBELLS, MAT

All classes can be booked via Gymcatch (<https://app.gymcatch.com/provider/1010/events>)

The class will be delivered by Zoom.

Details for the class will be provided once booking is complete.

Each class is up to 45 minutes long unless stated otherwise.

Thank you for your continued support!