

# ONLINE CLASS TIMETABLE

MONDAY	CLASS TIME	INSTRUCTOR
Tone Zone	9:30 - 10:30am	Ruth
Weight Management & Low Mobility	10:30am - 12:00pm	Janet
Metafit	4:30 - 5:00pm	Jodie
Body Combat	5.30 - 6:15pm	Ruth
Weights Class	6:30 - 7:00pm	Ruth
Yoga	6:30 - 7:30am	Elli

TUESDAY	CLASS TIME	INSTRUCTOR
40:20 Yoga	9:30 - 10:30am	Elli
Fit Steps	11:30 - 12:45pm	Janet
Low Mobility	1:30 - 2:15pm	Janet
Metafit	4:30 - 5:00pm	Jodie
Metafit	6:30 - 7:00pm	Jodie

WEDNESDAY	CLASS TIME	INSTRUCTOR
Tone Zone	9:30 - 10:30am	Ruth
Pilates	10:45 - 11:00am	Suzanne
Fit Steps	12:00 - 12:45pm	Janet
Low Mobility	1:00 - 1:45pm	Janet
Metafit	5:30 - 6:00pm	Phill
Kettlebell Core	6:00 - 6:30pm	Phill
Yoga	6:30 - 7:30pm	Elli

THURSDAY	CLASS TIME	INSTRUCTOR
Tone Zone	9:30 - 10:30am	Ruth
Circuit Lite	10:45 - 11:30am	Ruth
Yoga	12:15 - 1:15pm	Elli
Weighted Class	5:30 - 6:00pm	Ruth
Body Combat	6:15 - 7:00pm	Ruth

FRIDAY	CLASS TIME	INSTRUCTOR
Tone Zone	9:30 - 10:30am	Ruth
Pilates	12:00 - 12:45pm	Suzanne
Fit Steps	12:45 - 1:30pm	Janet

SATURDAY	CLASS TIME	INSTRUCTOR
Yoga	9:30 - 10:30am	Elli

## CLASS TYPE KEY

- CARDIO
- HOLISTIC CONDITIONING
- TONING
- DANCE
- U&A CLASS



## Where can I find them?

### MEMBERS:

1. Create an account via your unique code in your emails.
2. Once done, login at [www.movegb.com/rossendale](http://www.movegb.com/rossendale) Or download the MoveGB app.

\*This method should NOT ask for payment.

### PAYG:

1. Create an account at [www.movegb.com/rossendale](http://www.movegb.com/rossendale) Or download the MoveGB app.

Search for your favourite classes and add them to 'My Bookings'

Any problems, send us a message.