

Group Session Timetable - December 2020

Book online - www.keptfit.co.uk OR Via app+

Due to Covid 19 Lockdown requirements for December we will be operating an Open Gym and On Line service only.

Please book onto the Online class as usual through the App+ or Website

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
6:30 AM	OPEN GYM - BOOK A SLOT ON THE APP						
7:30 AM	ENERGY 7.30 - 8.30am ONLINE Zoom 85666240496 Password beastmode	STRENGTH 7.30 - 8.30am ONLINE Zoom 84820997570 Password hulkmeup	POWER 7.30 - 8.30am ONLINE Zoom 83713094986 Password jumpfest	LEAN 7.30 - 8.30am ONLINE Zoom 81564245547 Password bestgymeva	STABILITY 7.30 - 8.30am ONLINE Zoom 83083675192 Password wiblewoble		
8:30 AM	S T A B I L I T Y	ENERGY	STRENGTH	POWER	L E A N	YOGA 9-10am ONLINE Zoom 926 463 440 Password yogasparkl	Running Club 9.00 - 10.30am
OPEN GYM BOOK A SLOT FOR 50MINS ON THE APP FROM 8.30AM TO 6.30PM Follow the Colour for the Gym Workout of the Day							
5:30 PM		U16's S&C Club 4.30 - 5.15pm	INTRO 5.00 - 5.30pm	U16's S&C Club 4.30 - 5.15pm		INTRO 5.00 - 5.30pm	
5:30 PM	STABILITY	ENERGY	Running Club <5k 5.30 - 6.30pm >5k 6.30 - 7.30pm	POWER			
6:30 PM	POWER 6.30 - 7.30pm ONLINE Zoom 83713094986 Password jumpfest	PILATES 6.30 - 7.30pm ONLINE Zoom 870 6890 0548 Password nicolesace	ENERGY 6.30 - 7.30pm ONLINE Zoom 85666240496 Password beastmode	STABILITY 6.30 - 7.30pm ONLINE Zoom 83083675192 Password wiblewoble	STRENGTH 6.30 - 7.30pm ONLINE Zoom 84820997570 Password hulkmeup		
7:30 PM	TIMBER 7.30 - 8.30pm ONLINE Zoom ID 87092100848 Password bigmanting	ENERGY	STRENGTH	POWER	TIMBER 7.30 - 8.30pm ONLINE Zoom ID 87092100848 Password bigmanting		
OPEN GYM - BOOK A SLOT ON THE APP							
Last entry = 7.30pm CLOSE							