

Online Zoom Timetable

From January 2021

SUPERSONIC

	TIME		CLASS	INSTRUCTOR	STUDIO
MONDAY	07:30	45 mins	HIIT & Core	Deena	Online—Zoom
	17:30	45 mins	Barre	Rebecca	Online—Zoom

	TIME		CLASS	INSTRUCTOR	STUDIO
WEDNESDAY	07:30	45 mins	Super60X	Nat	Online—Zoom
	17:30	55 mins	Pilates	Rebecca	Online—Zoom

	TIME		CLASS	INSTRUCTOR	STUDIO
FRIDAY	07:30	45 mins	Super60X	Deena	Online-Zoom
	18:15	45 mins	Barre	Rebecca	Online—Zoom

	TIME		CLASS	INSTRUCTOR	STUDIO
SATURDAY	08:30	45 mins	Vinyasa Yoga	Rebecca	Online—Zoom
	09:30	45 mins	Barre	Rebecca	Online—Zoom

	TIME		CLASS	INSTRUCTOR	STUDIO
SUNDAY	11:00	55 mins	Dynamic Yoga	Victoria	Online—Zoom