



**ST. MELLION**  
HEALTH CLUB



# CLASSES

## MONDAY

- 9:15am Outdoor Leg bums and tums (45m)
- 10am Virtual Whole Body Workout (45m)
- 10:15am Aqua (45m)\*
- 12:00pm Outdoor total body workout (45m)
- 3:00pm Outdoor HIIT (45m)
- 4:30pm Virtual command circuits (45m)
- 6:00pm Outdoor command circuits (45m)
- 7:00pm Outdoor total body workout (45m)

## TUESDAY

- 10:00am Virtual body balance (45m)
- 10:15am Outdoor fitness and core (30m)
- 11:00am Outdoor kettlebell and core fitness (45m)
- 11:30am Aqua (45m)\*
- 12:15pm Virtual legs, bums and tums (40m)
- 2:00pm Outdoor Dumbbell fitness (45m)
- 4:00pm Outdoor total body workout (45m)

## WEDNESDAY

- 9:15am Outdoor total body workout (45m)
- 10:00am Virtual fitsteps (45m)
- 10:30am Outdoor Barbell fitness (45m)
- 11:30am Aqua (45m)\*
- 11:30am Outdoor total body workout (45m)
- 12:45pm Virtual HIIT and core (30m)
- 2:00pm Outdoor weighted workout (45m)

## THURSDAY

- 10:00am Virtual barre (Sarah 45m)
- 11:00am Virtual body balance (Sarah 45m)
- 1:00pm Virtual body weight fitness (Andy 40m)
- 2:00pm Outdoor strength workout (Andy 45m)
- 3:00pm Outdoor weighted workout (Andy 45m)
- 6:15pm Virtual ab attack (Andy 30m)
- 7:00pm Virtual legs, bums and tums (Andy 45m)

## FRIDAY

- 9:15am Virtual bodyweight fitness (30m)
- 10:15am Outdoor weighted workout (45m)
- 10:00am Aqua (45m)\*
- 11:15am Outdoor Legs, bums and tums (45m)
- 1:00pm Virtual cardio and core (30m)
- 2:00pm Outdoor total body workout (45m)
- 3:00pm Outdoor weighted workout (45m)
- 4:30pm Outdoor kettlebells and core (45m)
- 6:00pm Outdoor command circuits (40m)
- 7:00pm Outdoor Dumbbell fitness (Alex)

## SATURDAY

- 9:30am Virtual circuits (40m)
- 10:30am Outdoor fitness (40m)
- 11:30am Outdoor weighted workout (40m)
- 12:30pm Outdoor WOD (40m)

## SUNDAY

- 9:30am Outdoor base circuits (40m)
- 11:00am Outdoor weighted workout (40m)
- 12:00pm Outdoor WOD (40m)

\*Aqua classes are taking place in the leisure pool whilst we are obtaining COVID guidelines.