

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING	9AM - LIVE PE WITH JOE WICKS 11AM- LIVE MUSIC AND DANCE CLASS WITH DAZZLE AND	8:30AM ABS WITH DAME KELLY HOLMES	7.30-8.30 GOOD MORNING YOGA	3 MINUTE SEATED YOGA 9:30 LIVE BOOTCAMP	10AM - LIVE STRENGTH AND BALANCE CLASS	COSMIC KIDS YOGA	BEGINNERS COUCH TO 5K
AFTERNOON	12.30pm YOGA WITH ADRIENE	DISNEY DANCE ALONG	2PM - LIVE WEIGHT SESSION	7 MINUTE ABS BLASTER	4:30 LIVE GIRLS STREET DANCE FOR 11-16YRS	11AM LIVE HIIT AND CORE WITH KRISSY	11AM LIVE FITMiX WITH DAME KELLY HOLMES
EVENING	20 MINUTE ULTIMATE BEGINNERS WORKOUT WITH THE BODY COACH	7:30 PM- ADULTS BEGINNER DANCING WITH STRICTLY'S OTI MABUSE	ULTIMATE CALORIE BURNER WITH LUCY	7-8PM LIVE PEACHEY GLUTESCIRCUIT	10 MINUTE BOOTY BLAST	3 MINUTE TONE YOUR ARMS WITH LUCY	FULL BODY STRETCH



IN WELWYN HATFIELD

VIRTUAL
THIS GIRL CAN
15-21 JUNE 2020

#TGC #TGCINHERTS