

Team Hud

Sport | Fitness | Health

Launch Event

23rd January	TIME	CLASS
SPORT		
SPORTS HALL	12.00 - 13.00	Staff Football (Court 1)
	12.00 - 13.00	Get Active - Cardio tennis (Court 2)
	12.30 - 13.15	Get Active - Running / Walking (Outdoors)
	13.15 - 14.15	Sports Conditioning (Court 2)
	14.15 - 15.45	Get Active - Basketball (Show court)
	16.00 - 17.00	Get Active - Handball (Show Court)
	17.00 - 18.30	Get Active - Tchoukball (Court 2)
	18.30 - 20.00	Get Active - Rush Hockey (Court 2)
	FITNESS	
STUDIO 1	12.15 - 13.15	Yoga
	13.30 - 14.30	Spinning
	15.30 - 16.30	Pilates
	17.00 - 18.00	Les Mills - RPM
STUDIO 2	12.00 - 12.30	Fit Steps
	12.30 - 13.30	Les Mills - BODY PUMP
	13.30 - 14.00	Les Mills - CX WORX
	14.30 - 15.30	Boxercise & Kettlebells
	15.30 - 16.00	Les Mills - GRIT
	16.00 - 17.00	Les Mills - BODY COMBAT
	17.15 - 18.15	Freestyle Aerobics
	18.30 - 19.30	Zumba
	19.30 - 20.30	20/20/20

24th January	TIME	SPORT
SPORT		
SPORTS HALL	12.00 - 13-30	Get Active - Futsal
	13.45 - 14.45	Get Active - Volleyball
	15.00 - 17.00	Get Active - Racket Sports
FITNESS		
STUDIO 1	13.30 - 14.30	Les Mills - RPM
	15.00 - 15.45	Pure Stretch
	15.45 - 16.45	Yoga
	17.15 - 18.15	Spinning
STUDIO 2	12.15 - 13.15	Les Mills - BODY ATTACK
	13.15 - 13.45	Les Mills - CX WORX
	14.30 - 15.30	Les Mills - BODY COMBAT
	15.45 - 16.45	Zumba
	16.45 - 17.30	Ballercise
	17.30 - 18.30	Les Mills - BODY ATTACK
	18.30 - 19.30	Belly Dance