

ONLINE EDITION

L I V E S T R E A M

W E E K L Y T I M E T A B L E

FROM 3RD MARCH

MONDAY

9.00am COR Strength
4.00pm COR Strength

TUESDAY

6.30am COR Strength
7.30am COR Balance
9.00am COR Barre

WEDNESDAY

9.00am COR Strength
4.00pm COR Barre

THURSDAY

4.00pm COR Barre
5.30pm COR Strength **(1st Thurs of every month)**

FRIDAY

9.00am COR Strength

Saturday

9.00am COR Balance