

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM 8:30						8:30am HIIT (Course) Barkham Village Hall	
8:45							
9:00			Optional Weigh-in				
9:15			9:15am SimplyFit California Ratepayer's Hall, Wokingham	Optional Weigh-in			
9:30	Optional Weigh-in	Optional Weigh-in			9:30am CardioFit The Scout Hut, Twyford	Optional Weigh-in	9:30am Pilates (Course) Barkham Village Hall
9:45	9:45am SimplyFit FBC Centre (Hall) Wokingham	9:45am SimplyFit Winnersh Community Centre			9:45am CardioFit St Paul's Parish Rooms, Wokingham		
10:00							
10:15							
10:30							
10:45		10:45am Stretch and Flex Winnersh Community Centre					
11:00							
11:15							
11:30							
PM 6:30	6:30pm BodyFit Finchampstead Memorial Hall	Optional Weigh-in		Optional Weigh-in			
6:45			6:45pm SimplyFit The Holt School, Wokingham		6:45pm SimplyFit FBC Centre (The Loft) Wokingham		
7:00				7pm BodyFit The Colleton School, Twyford			
7:15							
7:30		Optional Weigh-in					
7:45		7:45pm SimplyFit The Holt School, Wokingham					
8:00							
8:15							

**Class Descriptions:**

- SimplyFit:** 30 mins of freestyle cardio, 15 mins toning & stretch
- BodyFit:** Interval training, conditioning & floorwork
- Stretch & Flex:** A Pilates, stretch and yoga based mat class
- CardioFit:** A SimplyFit class without the floorwork (all standing)
- HIIT:** High Intensity Interval Training
- Pilates:** Improve your posture and strengthen your core