



MARTLESHAM LEISURE
FITNESS • HEALTH • WELLBEING

Online Live Studio Classes

(FOC for Martlesham Leisure members from Tuesday 26th May 2020)

Sadie – via Facebook - please send a friends request to participate via link below:

<https://www.facebook.com/sadie.francis.18>

Mondays

- 09.30-10.15 Spin
- 10.30-11.00 Lower Body Workout

Tuesdays

- 09.30-10.15 Spin
- 10.30-11.00 Upper Body Workout
- 19.00-19.45 Fitness Yoga (Focus on Legs)

Wednesdays

- 09.30-10.15 Spin
- 10.30-11.00 Cardio Kick Box
- 19.00-19.45 Fitness Yoga (Focus on Backs)

Thursdays

- 09.30-10.15 Spin
- 10.30-11.00 Legs, Bums and Tums
- 19.00-19.45 Fitness Yoga (Focus on Relaxing)

Fridays

- 09.30-10.15am Spin
- 10.30-11.00 Abs Blast

Ivan – via Zoom - download the free App and use Meeting ID: 566 581 3113 and Password 1uZx2J to participate.

Mondays

- 17.10 BoxFit (30-40 mins)

Tuesdays

- 9.30am Strength and Conditioning (30-40 mins)

Wednesdays

- 5.00pm HIIT (30 mins)
- 5.30pm Abs and Relax (20 mins)

Thursdays

- 9.30am Strength and Conditioning (30-40 mins)
- 5.10pm BoxFit (30-40 mins)

Fridays

- 9.30am Strength and Conditioning (30-40 mins)
- 4.45pm HIIT (30-40 mins)

Didi - via Zoom - download free App and use Meeting ID: 797 8881 6034 and Password: 4i1kBR to participate.

- Sundays:10am Flow Yoga (40 mins)

Zoom Meeting ID: 772 8411 1851 and Password: 3NsAuR

- Mondays: 6.30pm Pilates (40 mins)

Check out Didi's Iso-cize YouTube channel for more great sessions.

<https://www.youtube.com/channel/UCNTVWh-dC4dP3WDSArj6ntw>

- Monday to Friday 7.30am (40 mins) Pilates/Yoga
- Saturday and Sunday 9.00am (40 mins) Pilates/Yoga

Vienna - via Zoom - download free App and use Meeting ID: 605 460 5840 Password: 976503

Wednesdays

- 10am Pilates (35-40mins)

Fridays

- 10am Pilates (35-40mins)