

Access to Sports Project ONLINE

From Wednesday 11th November

#StayActiveAtHome



Monday	Women's Fitness	Zoom online	Ages: 18+	7pm – 8pm
Tuesday	Youth Fitness	Zoom online	Ages: 8-9	6pm – 7pm
Wednesday	Women's Fitness	Zoom online	Ages: 18+	9.30 – 10.30am
	Dance Fitness	Zoom online	All ages	6pm – 7pm
Friday	Women's Fitness	Zoom online	Ages: 18+	9.15 – 10.15am
	Dance Fitness	Zoom online	All ages	6pm – 7pm
Saturday	Strength and Conditioning	Zoom online	All ages	11am – 12pm
Sunday	Family Fitness	Zoom online	All ages	11.30am – 12.15pm



Join us on ZOOM for all of
our live online sessions