

Access to Sports Project ONLINE

From Wednesday 6th January 2021
#StayActiveAtHome



Monday	Men's Boxing Training	Zoom online	Ages: 17+	11am – 12pm
	Youth Boxing Training	Zoom online	Ages: 8 - 16	4.30pm – 5.30pm
	Women's Fitness	Zoom online	Ages: 17+	7pm – 8pm
Tuesday	Zumba	Zoom online	All ages	1pm – 2pm
	Youth Fitness	Zoom online	Ages: 8-16	6pm – 7pm
Wednesday	Women's Fitness	Zoom online	Ages: 17+	9.30am – 10.30am
	Family Fit	Zoom online	All ages	4.30pm - 5.30pm
	Dance Fitness	Zoom online	All ages	6pm – 7pm
	HIIT	Zoom online	Ages 17+	7pm – 8pm
Thursday	Women's Box Fit	Zoom online	Ages: 17+	10.30am - 11.30am
Friday	Women's Fitness	Zoom online	Ages: 17+	9.30am – 10.30am
	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

