



RainyDayFit

ONLINE

CLASS TIMETABLE

Monday	6pm	BARRE	(30 mins)
Tuesday	3pm	BODY BLAST	(30 mins)
Wednesday	6pm	FLEX+FLOW	(30 mins)
Thursday	1pm 6pm	HIIT BARRE	(30 mins) (30 mins)
Friday	1.30pm	LBT	(30 mins)