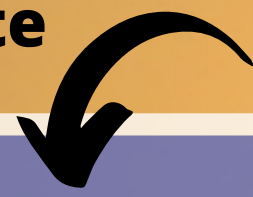


# MARCH 22ND - 9TH APRIL 2021

**WLVSport**  
ONLINE LIVE CLASSES



To sign up click on a class and choose a date



**Eventbrite**

MONDAYS		
8:00AM	<u>LOW INTENSITY CARDIO 30MINS</u>	ARIANNA
12:15PM	<u>DESK WORKOUT 20MINS</u>	MAZ
7:00PM	<u>ZUMBA 45MINS</u>	BREE
TUESDAYS		
8:30AM	<u>ABS BLAST 30MINS</u>	MAZ
12:00PM	<u>PILATES 30MINS</u>	MAZ
4:00PM	<u>LOW IMPACT CIRCUITS 45MINS</u>	NATALIE
WEDNESDAYS		
8:00AM	<u>FLEX AND TONE 30MINS</u>	ARIANNA
12:15PM	<u>DESK WORKOUT 20MINS</u>	LIV
4:00PM	<u>PILATES 30MINS</u>	MAZ
THURSDAYS		
8:30AM	<u>PILATES 45MINS</u>	MAZ
12:15PM	<u>DESK WORKOUT 20MINS</u>	MAZ
4:00PM	<u>LOW INTENSITY CARDIO 30MINS</u>	NATALIE
FRIDAYS		
8:00AM	<u>BODYWEIGHT CIRCUITS 30MINS</u>	NATALIE
12:15PM	<u>FLEX AND TONE 30MINS</u>	ARIANNA

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and choose a date



DELIVERED VIA  
MICROSOFT TEAMS

**CAN'T MAKE OUR CLASSES?**



search for "WLVSport"  
on youtube to see our pre-  
recorded classes

Please note there will be no sessions on:

Friday 2nd April, Monday 5th April, Tuesday 6th April

<https://tinyurl.com/yz4e6po5>