STARSGYM

ONLINE CLASS TIMETABLE
STARTING WEDNESDAY 6TH JANUARY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:30-8:15 ZOOM	HIIT JESS	08:00-08:45 ZOOM	FULL BODY TONE JESS	7:45-8:15 ZOOM	CORE JESS	7:30-8:15 ZOOM	YOGA JESS	7:30-8:15 ZOOM	HIIT JESS	9:30 -10:15 ZOOM	HIIT JESS
12:30-13.00 ZOOM	GLUTE GAINS JESS			12:00-12:30 ZOOM	RESISTANCE BAND BURN JESS	12:30-13.00 ZOOM	FULL BODY AFTERBURN JESS	12:00-12:30 ZOOM	CORE JESS		
18:00-18:45 ZOOM	YOGA JESS	18.30.19.15 ZOOM	ABS, ARMS & ASS JESS								