



ZOOM VIRTUAL CLASSES

DAY	CLASS	TIME
MONDAY	PILATES WITH ANDRÉ STRENGTH & CONDITIONING WITH ANDRÉ	9.15 - 10.15am 6.00 - 7.00pm
TUESDAY	STRENGTH & CONDITIONING WITH ANDRÉ PILATES WITH RUBY PILATES WITH ANDRÉ	9.15 - 10.15am 11.00am - 12.00pm 6.30 - 7.30pm
WEDNESDAY	YOGA WITH AMANDA ZUMBA WITH YUVEL PILATES WITH RUBY SPINNING WITH TIM YOGA WITH PHIL	8.15 - 9.15am 9.30 - 10.30am 10.45 - 11.45am 5.00 - 5.45pm 6.00 - 7.00pm
THURSDAY	ONLINE PILATES WITH ANDRÉ DANCE CLASSES WITH ERIN Little Stars Boys Dance Shooting Stars Shooting Stars Plus	9.15 - 10.15am 4.15 - 4.45pm 5.00 - 5.45pm 6.00 - 6.45pm 7.00 - 7.45pm
FRIDAY	PILATES WITH RUBY YOGA WITH AMANDA	9.30 - 10.30am 11.00am - 12.00pm
SATURDAY	FLEX AND STRETCH WITH ANDRÉ HITT (High Intensity Interval Training) WITH YUVEL ZUMBA WITH YUVEL BALLET WITH RUTH YOGA WITH PHIL	9.00 - 10.00am 10.30 - 11.00am 11.30am - 12.30pm 12.45 - 1.45pm 2.00 - 3.00pm

Please Note: Dance classes are a course and need to be paid upfront, please contact: Donna: donna@jesmondpool.online to book.



Once you have joined, you can make bookings for January 2021 using the link below: <https://jesmondpool.clubm.mobi/>

