

# FitSense Virtual Class Schedule

Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
<b>Mon</b> <b>22.00</b>	Spin	Anthea	<b>Wed</b> <b>22.00</b>	Spin	Steffi	<b>Fri</b> <b>22.00</b>	Spin	Jo	<b>Sun</b> <b>22.00</b>	Spin	Kim
<b>Mon</b> <b>22.30</b>	Strong	Lisa	<b>Wed</b> <b>22.30</b>	Pump	Steffi	<b>Fri</b> <b>22.30</b>	Core	Jo	<b>Sun</b> <b>22.30</b>	Pump	Steffi
<b>Mon</b> <b>23.00</b>	Aerobics	Christine	<b>Wed</b> <b>23.00</b>	HIIT	Jo	<b>Fri</b> <b>23.00</b>	Dance Fit	Hayley	<b>Sun</b> <b>23.00</b>	Body Con	Anthea
<b>Mon</b> <b>23.30</b>	Pilates	Elaine	<b>Wed</b> <b>23.30</b>	Yogalates	Steffi	<b>Fri</b> <b>23.30</b>	Yogalates	Steffi	<b>Sun</b> <b>23.30</b>	Pilates	Christine
<b>Tue</b> <b>22.00</b>	Spin	Alfie	<b>Thu</b> <b>22.00</b>	Spin	Anthea	<b>Sat</b> <b>22.00</b>	Spin	Steffi	<b>FitSense Virtual Class Schedule</b> <ul style="list-style-type: none"> <li>• Book via the FitSense app.</li> <li>• After the class start time the video will be available to play in your 'manage bookings' section.</li> <li>• Once you've played the video once, you can playback any booked classes whenever suits you from your 'attended' section.</li> </ul>		
<b>Tue</b> <b>22.30</b>	Pump	Steffi	<b>Thu</b> <b>22.30</b>	Dance Fit	Hayley	<b>Sat</b> <b>22.30</b>	HIIT	Jo			
<b>Tue</b> <b>23.00</b>	Zumba	Steffi	<b>Thu</b> <b>23.00</b>	Zumba	Steffi	<b>Sat</b> <b>23.00</b>	Pump	Steffi			
<b>Tue</b> <b>23.30</b>	Pilates	Christine	<b>Thu</b> <b>23.30</b>	Pilates	Elaine	<b>Sat</b> <b>23.30</b>	Pilates	Elaine			

