



**Covid 19 Class Timetable (subject to change) November 2020 – Please register via [www.mojofitness.info](http://www.mojofitness.info) or email [marion@mojofitness.info](mailto:marion@mojofitness.info) in order to receive class links**

Day	Time	Class	Format	Please Register and Pay for your classes
Monday	10-11am	Pilates Matwork – all abilities	Live online via Zoom or catch up on YouTube link	<a href="http://www.mojofitness.info">www.mojofitness.info</a>
Monday	6.45pm-7.15pm	Express workout – Hiit training for 50 plus Burn belly fat, get stronger and improve balance. All fitness abilities	Live online via Zoom or catch up on YouTube link	<a href="http://www.mojofitness.info">www.mojofitness.info</a>
Tuesday	10am-10.45am	50 plus Cardio Tone	Live online via Zoom or catch up on YouTube link	<a href="http://www.mojofitness.info">www.mojofitness.info</a>
Tuesday	6.30pm-7.15pm	Zumba Gold	Live online via Zoom or catch up on YouTube link	<a href="http://www.mojofitness.info">www.mojofitness.info</a>
Wednesday	10am-11.am	50 plus Pilates Matwork	Live online via Zoom or catch up on YouTube link	<a href="http://www.mojofitness.info">www.mojofitness.info</a>
Thursday	10am-11.00am	Fitness Garage SpineSafe Pilates	Live online via Zoom or catch up on YouTube link	<a href="http://www.mojofitness.info">www.mojofitness.info</a>
Thursday	1.30pm-2.30pm	Seated/Standing Functional Fitness	Live online via Zoom or catch up on YouTube link	<a href="http://www.mojofitness.info">www.mojofitness.info</a>
Thursday	7.30pm-8.30pm	Pilates Matwork intermediate/advanced	Live online via Zoom or catch up on YouTube link	<a href="http://www.mojofitness.info">www.mojofitness.info</a>
Friday	10am-11am	Standing Pilates and trigger point release with the Hedgehog	Live online via Zoom or catch up on YouTube link	<a href="http://www.mojofitness.info">www.mojofitness.info</a>

**ALL NEW CLASS MEMBERS – CLAIM YOUR FREE 7 DAYS PASS UNLIMITED CLASSES [www.mojofitness.info](http://www.mojofitness.info) - subject to medical screening – please read the on-line disclaimer**