



Covid 19 Class Timetable (subject to change) October 2020 – Please register via www.mojofitness.info or email marion@mojofitness.info

Day	Time	Class	Format	Register and Pay
Monday	8.45am-9.45am	Arkendale Community Hall Pilates Matwork	Face to Face	www.mojofitness.info
Monday	10.15am-11.15am	Arkendale Community Hall Pilates Matwork	Face to Face	www.mojofitness.info
Monday	11.45am-12.45pm	Arkendale Community Hall Pilates Matwork	Face to Face	www.mojofitness.info
Monday	1.15pm-2.15pm	Arkendale Community Hall Pilates Matwork	Face to Face	www.mojofitness.info
Monday	6pm-6.45pm	Zumba Gold	Online via Zoom (also streamed to VIP Facebook Group)	www.mojofitness.info
Monday	6.45-7.30pm	Hula Fitness	Online via Zoom (also streamed to VIP Facebook Group)	www.mojofitness.info
Tuesday	10am-10.45am	50 plus Cardio Tone	Online via Zoom (also streamed to VIP Facebook Group)	www.mojofitness.info
Tuesday	11.30am-12.30pm	Fitness Garage Pilates on the Ball / Chair Pilates	Face to Face	www.mojofitness.info
Wednesday	10am-11.am	St Lukes Church Hall, Zumba Gold Class 1	Face to Face also streamed online via Zoom	www.mojofitness.info
Wednesday	11.30am-12.30pm	St Lukes Church Hall Zumba Gold Class 2	Face to Face also streamed online via Zoom	www.mojofitness.info

Registration – if you do not have access to online registration, please text or call 07909562114 or email marion@mojofitness.info

Paying by card: You can now pay by card remotely via iZettle either with contactless (tap your card), chip and pin or remotely via a link sent to your SmartPhone, via the website through PayPal – please select payment option when you register for your class.



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Day	Time	Class	Format	Register and Pay
Wednesday	7.30pm-8.15pm	Pilates Matwork (all abilities, spinal conditions)	Online via Zoom (also streamed to VIP Facebook Group)	www.mojofitness.info
Thursday	8.45am-9.45am	Fitness Garage, SpineSafe Pilates Class 1	Face to Face also streamed on-line via Zoom	www.mojofitness.info
Thursday	10.15am-11.15am	Fitness Garage SpineSafe Pilates Class 2	Face to Face also streamed online via Zoom	www.mojofitness.info
Thursday	1.30pm-2.30pm	Seated/Standing Functional Fitness	Online via Zoom (also streamed to VIP Facebook Page)	www.mojofitness.info
Thursday	6.15pm-7pm	Fitness Garage Legs Bums Tums Pilates on Ball	Face to Face (also streamed online via Zoom)	www.mojofitness.info
Thursday	7.30pm-8.30pm	Fitness Garage Pilates Matwork	Face to Face (also streamed online via Zoom)	www.mojofitness.info
Friday	10am-11am	Standing Pilates and trigger point release with the Hedgehog	Online via Zoom (also streamed to VIP Facebook Group)	www.mojofitness.info

Health Commitment Form - Please read and acknowledge receipt of the attached HCF form (if there are any changes to your medical condition, please notify us immediately marion@mojofitness.info)

Covid19 Face to Face Class Attendance Procedures – Please read and acknowledge the attached Procedures Policy marion@mojofitness.info

NEW MEMBERS – Claim your 7 day free trial register at www.mojofitness.info