

looking after you always



July weekly schedule of classes

Available live and on demand from the laya healthcare Digital Gym

Here, you will be able to take part in a variety of classes every week with each class lasting 30-45 minutes.

All class times in GMT

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	Morning HIIT	Barre Burn	Morning Flow Yoga	Yoga Level 2 & 3	Family Fit
11:00	Pilates Level 1	Kettlebell HIIT	Pilates Level 2 & 3	Mindfulness	Active Agers
13:00	15 Minute Core & Legs	15 Minute Desk Yoga	15 Minute Upper Body Burn		
17:00	Vinyasa Flow Yoga			Low Intensity Cardio Level 1	Yin Yoga
18:00	Pilates All Levels	Combat HIIT	Yoga Level 1	Recovery Pilates	