

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:30am		TABATA Instagram Live		Long & Lean Instagram Live	ABS EXPRESS Facebook Live
9:30am	Workout Challenge Post on Instagram	Workout Challenge Post on Instagram	Workout Challenge Post on Instagram	Workout Challenge Post on Instagram	Workout Challenge Post on Instagram
11:30 - 11:45am	STRETCH BREAK Zoom	STRETCH BREAK Zoom	STRETCH BREAK Zoom	STRETCH BREAK Zoom	STRETCH BREAK Zoom
12:15—12:45pm	HIIT Facebook Live	BOOTCAMP Zoom	CARDIO BOXING Facebook Live	HARD CORE ZOOM	TABATA Facebook Live
4:30—5:15pm			YOGA Zoom**		
5:00—5:30pm		ABS EXPRESS Facebook Live		Zumba Zoom**	

NEW—Yoga with Trinh! Email abrowning@myfitnesswaterloo.ca to register!

BOOTCAMP & HARD CORE—you can find the Zoom link posted on Facebook under Events

Zumba—please email abrowning@myfitnesswaterloo.ca to register if you haven't already!

FACEBOOK:

www.facebook.com/myFitnessWaterloo

INSTAGRAM:

www.instagram.com/myfitness_waterloo

Zoom:

<https://zoom.us/j/4439733096>

Meeting ID: 443 973 3096

