

LIVE ON
MINDBODY

REALFIT
LIVE

GOING LIVE

NOVEMBER 2020

We don't want to shut our doors to our community, but we have to follow Government policy, so starting on 5th November, here is our online timetable for members and non-members alike.

+15 people per online class with booking required

+No equipment needed

+Half hour sessions getting you great time management working from home

+Member access* to our Facebook live classes

+Member weekly workout email

If you are interested in joining our online live classes then please get in touch!

Prices for pay as you go will be:

Senior Movement Class £3 per class

Realfit Sessions £6 per class

Doing the sessions online will mean the coach will be able to see you all and correct and help you through the workouts. It will be very interactive and just like being at the centre with our coaches.

We will hold 4 live Facebook sessions through the Members hub, these you will simply join and not have to book.

In addition for all our members each Saturday you will receive an email workout.

If you would like to join as a member please contact us for further information.

	MON	TUES	WED	THUR	FRI	SAT
06:30	REALFIT SESSION MINDBODY LIVE		REALFIT SESSION MINDBODY LIVE		REALFIT SESSION MINDBODY LIVE	VIDEO SESSION Emailed to members every saturday
09:30		REALGRIT FACEBOOK LIVE		HIIT FACEBOOK LIVE		
11:45	SENIOR MOVEMENT OVER 60'S ONLY MINDBODY LIVE				SENIOR MOVEMENT OVER 60'S ONLY MINDBODY LIVE	MINDBODY LIVE Live instructor led sessions available for members and PAYG available on the app
12:30	REALFIT SESSION MINDBODY LIVE	FLEX & FLOW FACEBOOK LIVE	REALFIT SESSION MINDBODY LIVE		REALFIT SESSION MINDBODY LIVE	
17:30				REALFIT X FACEBOOK LIVE		FACEBOOK LIVE Members only sessions available through our facebook members hub
18:15	REALFIT SESSION MINDBODY LIVE		REALFIT SESSION MINDBODY LIVE		REALFIT SESSION MINDBODY LIVE	

Call Us Today! 07864 364037 | www.realfitcentre.co.uk

