

OCT 2024
FNF TIMETABLE

MON	TUES	WED	THU	FRI	SAT
	1	2	3	4	5
	CORE, TONE + CARDIO 10AM - 11AM AYLESFORD COM CENTRE ME20 7AU + KETTLEBELLS 6.30PM - 7.30PM ALL SAINTS CHURCH DA17 5JE + ZOOM	NO CLASS YOUTUBE CLASSES AVAILABLE	SHADOW BOXING 6.30PM - 7.30PM ZOOM ONLY	FAT BURNER 10AM - 11AM AYLESFORD VILLAGE COMMUNITY CENTRE ME20 7AU	KETTLEBELLS 10AM - 11AM ALL SAINTS CHURCH HALL DA17 5JE + ZOOM
7	8	9	10	11	12
CORE + TONE 6.30PM - 7.30PM ST MARY OF THE CRAYS CHURCH HALL DA1 4DN	CORE, TONE + CARDIO 10AM - 11AM AYLESFORD COM CENTRE ME20 7AU + KETTLEBELLS 6.30PM - 7.30PM ALL SAINTS CHURCH DA17 5JE + ZOOM	NO CLASS YOUTUBE CLASSES AVAILABLE	SHADOW BOXING 6.30PM - 7.30PM ZOOM ONLY	FAT BURNER 10AM - 11AM AYLESFORD VILLAGE COMMUNITY CENTRE ME20 7AU	KETTLEBELLS 10AM - 11AM ALL SAINTS CHURCH HALL DA17 5JE + ZOOM
14	15	16	17	18	19
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21	22	23	24	25	26
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28	29	30	1 NOV	2	3
NO CLASS YOUTUBE CLASSES AVAILABLE	NO CLASS YOUTUBE CLASSES AVAILABLE	NO CLASS YOUTUBE CLASSES AVAILABLE	NO CLASS YOUTUBE CLASSES AVAILABLE	NO CLASS YOUTUBE CLASSES AVAILABLE	NO CLASS YOUTUBE CLASSES AVAILABLE

Aylesford Community Centre morning classes are outside in the park, if the weather is bad then the classes will be live via Zoom. The Thursday Shadow Boxing will be live via Zoom only and is for beginners to advanced. If you are unable to do the outside or live Zoom classes, there are YouTube classes available on any day and time that suits you. The YouTube classes available are Kettlebells, Core Abs and Cardio, Bodyweight Circuits and Fat Burning. All classes are £6 per person. To pay for classes and for Zoom and YouTube details, please contact me at: tara@fitnfearlessexercise.co.uk