


















Face 2 Face and Online Timetable

MONDAY	9.15am - 10.00am Fitness Pilates with weights 	12:30pm - 1:00pm Abs Blast 	6.00pm - 6:45pm Circuit Training  HGS £10 Pay as you go		
TUESDAY	9:15am - 10.00am Fitness Pilates  The Hub Knaresborough £10 Pay as you go	9.30-10.15am Strength Training Technique 			
WEDNESDAY	7.00am - 7.30am Rise and Shine Yoga 	9.15am - 10.00am HIIT Training 		6:00pm - 6.45pm Boxercise Circuits  HGS £10 Pay as you go	
THURSDAY	6.30am - 7.00am Early Bird Full Body Strength 	7:00am - 7.30am Stretch & Mobility 	9:30am - 10.15am Cardio and Strength Training 	12:30pm - 1:15pm Strong & Lean 	
FRIDAY	9:00am - 10.15am Yoga  Calcut Village Hall £10 Pay as you go	9.10am - 9.55am Fitness Pilates with Weights  HSFC  £10 Pay as you go			
SATURDAY	9.00am - 9.45am HIIT Training  HGS £10 Pay as you go			All Classes must be booked online via the Website or the App https://heavenandhellfitness.com/book-your-class/	

 **Face to Face Classes**

 **Live Online Zoom Classes**
Workout from home

  **Face to Face & Online Class**

HSFC – Harrogate Squash & Fitness Centre
HGS – Harrogate Grammar School