

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPPER BODY 7.15AM 45mins (LIVESTREAM)		LOWER BODY 7.15AM 45MINS (LIVESTREAM)		CORE 9.30AM 45MINS	FULL BODY BOOTCAMP 10.00 45MINS (LIVESTREAM)	DANCE CLASSES / EVENTS
	CORE 6.30PM 45MINS			STRETCH 10.20AM 30MINS	GHETTO ZUMBA 11.00AM 45MINS	
FULL BODY BOOTCAMP 7.00PM 50MINS (LIVESTREAM)	BOLLYWOOD FITNESS 7.30PM 45MINS			DUMBELL HIIT 6.30PM 30MINS (LIVESTREAM)		
ZUMBA 8.00PM 60MINS	STRETCH 8.30PM 30MINS	ZUMBA 8.15PM 60MINS		BOLLYWOOD FITNESS 7.15PM 45MINS		

LIVESTREAM
 PROMEMBERS

INDOOR LOCATION:
 FOC CENTRE, HAY LANE, KINGSBURY, NW9 0NG



Create an account to book a class at vincentdelima.com

