# TrinitySport+ LIVE CLASS TIMETABLE

## MONDAY
- 07:15 - 07:55: Full Body Strength Workout
- 12:00 - 13:00: Yoga with Fernanda
- 13:30 - 14:00: Upper Body & Core
- 17:50 - 18:30: Bodyweight Burn
- 18:40 - 19:10: Core Strength

## TUESDAY
- 07:15 - 07:45: Upper Body Burn + Core
- 13:05 - 13:50: Pilates with Karita
- 17:50 - 18:25: Lower Body Stretch & Mobility Class
- 18:40 - 19:10: Upper Body Stretch & Mobility Class

## WEDNESDAY
- 07:15 - 07:45: Squats and Lunges
- 12:45 - 13:25: HBA Boxing X Fitness
- 13:30 - 14:00: Kettlebells & Core
- 17:50 - 18:20: Upper Body Strength
- 18:00 - 19:00: Pilates with Ruth
- 18:30 - 19:00: Abs Blast

## THURSDAY
- 07:15 - 07:45: Lower Body Stretch & Mobility Class
- 13:30 - 14:00: Upper Body Stretch & Mobility Class
- 17:50 - 18:30: Full Body Conditioning
- 18:40 - 19:10: Core Strength

## FRIDAY
- 07:15 - 07:55: Abs in the a.m.
- 12:45 - 13:25: HBA Boxing X Fitness
- 13:30 - 14:00: Full Body Conditioning
- 17:50 - 18:30: Bodyweight Burn
- 18:00 - 19:00: Pilates with Ruth
- 18:40 - 19:20: Upper Body & Core Strength

## SATURDAY
- 10:15 - 10:45: Core Strength
- 09:30 - 10:30: Yoga with Clara

## SUNDAY
- 09:00 - 09:50: Virtual Spinning® Ride