



# WEEK 3 ONLINE PROGRAMME STARTING 13.04.20

Prepare and plan your week with Queen's Sport

## MONDAY

0730	EXERCISE OF THE DAY
1000	QUEEN'S SPORT 'REWIND' - A LOOK BACK IN TIME
1200	LIVE CLASS - FULL BODY HIIT WITH ANDREW
1400	FITNESS BLOG

## TUESDAY

0730	EXERCISE OF THE DAY
1000	QUEEN'S SPORT 'REWIND' - A LOOK BACK IN TIME
1200	LIVE CLASS - ABS OF STEEL WITH ANDREW
1400	FITNESS BLOG

## WEDNESDAY

0730	EXERCISE OF THE DAY
1000	COACH PROFILE
1200	LIVE CLASS - FULL BODY HIIT WITH ANDREW
1400	FITNESS BLOG

## THURSDAY

0730	EXERCISE OF THE DAY
1000	QUEEN'S SPORT 'REWIND' - A LOOK BACK IN TIME
1200	LIVE CLASS - PILATES WITH JOANNA MILLS
1400	FITNESS BLOG

## FRIDAY

0730	EXERCISE OF THE DAY
1000	CLUB CORNER - EDELE MALLON
1200	LIVE CLASS - FUNXTION WITH ANDREW
1400	FITNESS BLOG

## SATURDAY

0730	EXERCISE OF THE DAY
0830	ABS CLASS WITH ANDREW

## SUNDAY

0730	EXERCISE OF THE DAY
0830	FUNXTION CLASS WITH ANDREW

You can keep up-to-date with all Queen's Sport Classes by visting and subscribing to our [youtube channel](#).

Queen's Sport Personal Trainer Paul Reynolds is also offering free Virtual Classes. Click [here](#) to sign up.

