

# FACEBOOK LIVE FITNESS CLASSES

 /UoEsport

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MONDAY MOTIVATION</b> 8am (pre-recorded)	<b>CARDIO &amp; STRETCH</b> 8am	<b>AB ATTACK</b> 8am	<b>WORKOUT CHALLENGE</b> 8am (pre-recorded)	<b>FLEX</b> 8am		<b>YOGA</b> 9.30am
<b>FLEX</b> 12pm	<b>CORE &amp; STABILITY</b> 12pm	<b>LEGS, BUMS, &amp; TUMS</b> 1pm	<b>TOTAL TONE</b> 12.30pm	<b>FRIDAY FITNESS</b> 12pm		
<b>MIND AND BODY</b> 5pm (pre-recorded)		<b>FLEX</b> 5pm		<b>CARDIO &amp; ABS</b> 5pm (pre-recorded)		

**FIND OUT MORE:**

**[ESSEX.AC.UK/SPORT/FITNESS-AT-HOME](https://www.essex.ac.uk/sport/fitness-at-home)**

TIMETABLE SUBJECT TO CHANGE.

PLEASE MONITOR OUR FACEBOOK PAGE FOR THE LATEST INFORMATION.

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University of Essex