



CLASS SCHEDULE

W/B 18TH JANUARY 2021

STRONG IN YOUR BODY, STRONG IN YOUR MIND



Name	Your beautiful body & mind	Teacher	Shakira Taylor
Price	£35 Monthly £15 For 5 CLASSES (Valid 4 30 days)	Info	30 minute classes on Zoom No jumping, low- medium impact

MONDAY 18TH

9.15AM: BODY BLITZ BOXING
Full bodyweight workout with a boxing twist.
(**Cardio**)

8.30PM: FLEX IT STRETCH IT
Slower paced session to improve flexibility using a series of stretches.
(**Stretch**)

TUESDAY 19TH

7.15AM: WICKED WEIGHTS
Using dumbbells, kettlebell or tins to work your whole body
(**Strength**)

EXTRA
7.30PM: FULLBODY FLOOR WORKOUT
Full bodyweight workout on the floor, mat needed.
(**Strength & Stretch**)

WEDNESDAY 20TH

8.00AM: BOOTY BLITZ
All lower body weight exercises to target that booty add a resistance band if you dare!
(**Cardio**)

7.30PM: BOOTY BLITZ
All lower body weight exercises to target that booty add a resistance band if you dare!
(**Cardio**)

THURSDAY 21ST

9.15AM: TONE & STRETCH
All over body toning and stretching using a broom handle!
(**Strength & Stretch**)

FRIDAY 22ND

8.00AM: WICKED WEIGHTS
Using dumbbells, kettlebell or tins to work your whole body
(**Strength**)

SATURDAY 23RD

9.15 AM: BOOTY BLITZ
All lower body weight exercises to target that booty add a resistance band if you dare!
(**Cardio**)

4.00PM: FLEX IT STRETCH IT
Slower paced session to improve flexibility using a series of stretches.
(**Stretch**)



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