



**KEEPING FIT AND SOCIAL WITH ISSIWORLD
ONLINE ZOOM CLASSES / ISSIWORLD PRIVATE STUDIO**

[email: fitbirduk@hotmail.com](mailto:fitbirduk@hotmail.com)

for prices and further details

MONDAY

EMW 6.45am

SKI-FIT 6.30pm

TUESDAY

YOGA 7.30pm – 8.30pm

WEDNESDAY

EMW 6.45am

FIGHT CLUB 9.30am – 10.30am

FRIDAY

EMW 6.45am

YOGA 9.45am – 10.45am

SATURDAY

FIGHT CLUB 7.45am – 8.45am

POWER HOUR 9.00am – 10.00am

Please note that classes can vary slightly and if you have any injuries I need to be aware of, let me know so I can offer safe alternatives throughout.