



## Virtual “Zoom” Schedule

@ifitnesscornwall

Monday	10am iFit
Tuesday	10am iRehab
Wednesday	10am iGym
Thursday	10am iRehab
Friday	10am iFit

**iFit** – HIIT Session

**iRehab** – Mobility and Strength Programme for Seniors

**iGym** – Technique & Coaching Session

All Sessions are 40 minutes long. Fees are £6 per Session or £30 for 6 Session Pass.

Please email [steve@intelligentfitnesscornwall.co.uk](mailto:steve@intelligentfitnesscornwall.co.uk) or text 07908334832 to book.