

Stay connected & keep moving with our

FREE ONLINE CLASSES



Monday 11 Jan - Sunday 24 Jan

Day	Class	Time	Instructor	Join class on page
Mon	HIIT & Abs	09:00-09:45	Kieran	@ Kelso LB
	Boxing Fitness	18:00-18:45	Steph	@ Hawick LB
Tues	LBT	09:00-09:45	Steph	@ Hawick LB
	L1FT	17:30-18:00	Kathryn	@ Eyemouth LB
Wed	Abs & Core	12:00-12:30	Kieran	@ Kelso LB
	LBT	19:00-19:45	Kieran	@ Kelso LB
Thurs	SH1FT	06:30-07:00	Kathryn	@ Eyemouth LB
	HIIT & Core	18:00-18:45	Kieran	@ Kelso LB
Fri	Body Burn	09:00-09:45	Kathryn	@ Eyemouth LB
	HIIT	17:30-18:00	Steph	@ Hawick LB
Sat	Cardio & Core	09:00-09:45	Steph	@ Hawick LB
Sun	M1ND	10:00-10:45	Kathryn	@ Eyemouth LB

For more information visit www.liveborders.org.uk