



GET FIT & FESTIVE CALENDAR












November



December



DYDD LLUN MONDAY	DYDD MAWRTH TUESDAY	DYDD MERCHER WEDNESDAY	DYDD IAU THURSDAY	DYDD GWENER FRIDAY	DYDD SADWRN SATURDAY
18  HIIT Cardio 18:00 - 18:30 Kettlebell - 18:35 - 18:55 Pilates - 19:00 - 19:45	19 Pilates Strong & Steady 07:30 - 07:50 Cafe Chat 19:30 - 20:15	20 Weighted Workout 18:00 -18:55 Back Care Pilates 19:00 - 19:45	21  Santa's Circuits 07:30 - 07:50	22 Festive Functional Fitness 07:30 - 07:50	23 Standing Pilates 09:00 - 09:30 Motivate Me 09:30 - 09:45
25 HIIT Cardio 18:00 - 18:30 Kettlebell - 18:35 - 18:55 Pilates - 19:00 - 19:45	26  Pilates Strong & Steady 07:30 - 07:50 Cafe Chat 19:30 - 20:15	27 Weighted Workout 18:00 -18:55 Back Care Pilates 19:00 - 19:45	28 Santa's Circuits 07:30 - 07:50	29 Festive Functional Fitness 07:30 - 07:50	30  Standing Pilates 09:00 - 09:30 Motivate Me 09:30 - 09:45
2 HIIT Cardio 18:00 - 18:30 Kettlebell - 18:35 - 18:55 Pilates - 19:00 - 19:45	3 Pilates Strong & Steady 07:30 - 07:50 Cafe Chat  19:30 - 20:15	4 Weighted Workout 18:00 -18:55 Back Care Pilates 19:00 - 19:45	5 Santa's Circuits 07:30 - 07:50	6  Festive Functional Fitness 07:30 - 07:50	7 Standing Pilates 09:00 - 09:30 Motivate Me 09:30 - 09:45
9  HIIT Cardio 18:00 - 18:30 Kettlebell - 18:35 - 18:55 Pilates - 19:00 - 19:45	10 Pilates Strong & Steady 07:30 - 07:50 Cafe Chat 19:30 - 20:15	11  Weighted Workout 18:00 -18:55 Back Care Pilates 19:00 - 19:45	12  Santa's Circuits 07:30 - 07:50	13 Festive Functional Fitness 07:30 - 07:50	14 Standing Pilates 09:00 - 09:30 Motivate Me 09:30 - 09:45

100K Get Fit & Festive Challenge!

<https://www.facebook.com/groups/getfitnfestive>
www.rbhfitness.co.uk

12 Days of Christmas Challenge!
Cafe 25: Starting January 20th 2025

