

## **Classes Week commencing 9<sup>th</sup> November 2020**

Please click the links below and enter the password to do the class again:

If you want to keep the video of the class then please download it as they will be deleted after a week

### **Hungarian dance for Bethany Osborne! Zumba Monday 9<sup>th</sup> November**

[https://zoom.us/rec/share/bk\\_SPYhiabYCdIPiD5xKe9xfU6q7QOdd\\_2r8GAaQNdhX7rduicif6N5nljUS-v60.FwGjLbQ-8n7JsW1b](https://zoom.us/rec/share/bk_SPYhiabYCdIPiD5xKe9xfU6q7QOdd_2r8GAaQNdhX7rduicif6N5nljUS-v60.FwGjLbQ-8n7JsW1b)

Passcode: GhbK93v^

### **Zumba – Wednesday 11<sup>th</sup> November**

<https://zoom.us/rec/share/g5B-05zhj4afTuV4F9OHiXX3vxk-Z4U22hwkIUppXPxuEo6-IJcP6jNdadqXvctH.tjX8Nr6Tyomqu1EK>

Passcode: 1kg3VF#E

### **Body weight Strong – Thursday 12<sup>th</sup> November**

[https://zoom.us/rec/share/5PqEPvDj1pK790HgpuKo\\_PfRv\\_d8RcZBdDJtVwG8VN\\_F9WAcaACCTUEVNOhaMabk.HSriJHBjmKThgDuQ](https://zoom.us/rec/share/5PqEPvDj1pK790HgpuKo_PfRv_d8RcZBdDJtVwG8VN_F9WAcaACCTUEVNOhaMabk.HSriJHBjmKThgDuQ) Passcode: M@iecb1k

### **Pilates – ball and band – elastic fantastic Thursday 12<sup>th</sup> November**

[https://zoom.us/rec/share/Yjgi44pDXJpmVpdt3748zC5\\_eFaQ7qVltYcJFFQlrU4PDlvkTdjPwxyQ9Fz0a8EB.cNyG2TcnghYeRXlc](https://zoom.us/rec/share/Yjgi44pDXJpmVpdt3748zC5_eFaQ7qVltYcJFFQlrU4PDlvkTdjPwxyQ9Fz0a8EB.cNyG2TcnghYeRXlc)

Passcode: 9i+bddTF

### **Dance aerobics – Boney M! Thursday 12<sup>th</sup> November**

[https://zoom.us/rec/share/8lqrfpE6XPkUMqS8Pwy7wr-2qcfpWz8CKk\\_ZHCjg9DKFhsFMCwU6sPhrFz73TZWJ.hEn9E97G\\_ZV0Wz9S](https://zoom.us/rec/share/8lqrfpE6XPkUMqS8Pwy7wr-2qcfpWz8CKk_ZHCjg9DKFhsFMCwU6sPhrFz73TZWJ.hEn9E97G_ZV0Wz9S)

Passcode: 4bq0w7T@