

# Jan/Feb 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	5 Rest and Re-Group Walking Challenge set	6 WhatsApp communications Competition Squad Zoom	7 Zoom -Skills	8	9 Zoom –Fun and work	10 Weekly Challenge set
11 Prize Awarded Zoom -Fitness	12	13 Competition Squad Zoom	14 Zoom -Skills	15	16 Zoom –Fun and work	17 Weekly Challenge set
18 Prize Awarded Zoom -Fitness	19	20 Competition Squad Zoom	21 Zoom -Skills	22	23 Zoom –Fun and work	24 Weekly Challenge set
25 Prize Awarded Zoom -Fitness	26	27 Competition Squad Zoom	28 Zoom -Skills	29	30 Zoom –Fun and work	31 Weekly Challenge set
Feb 1 Prize Awarded Zoom -Fitness	Feb 2	Feb 3 Competition Squad Zoom	Feb 4 Zoom -Skills	Feb 5	Feb 6 Zoom –Fun and work	Feb 7 Weekly Challenge set
Feb 8 Prize Awarded Zoom -Fitness	Feb 9	Feb 10 Competition Squad Zoom	Feb 11 Zoom -Skills	Feb 12	Feb 13 Zoom –Fun and work	Feb 14

TK GYM FIT

# TK Gymfit Zoom Timetable Jan/Feb 2021

Schedule 50mins per week  
class groups  
(join as many as you want!)

Day	Time	Activity
Monday	4.30-5pm	Fitness
Thursday	4.30-5pm	Skills
Saturday	10-10.30am	Fun and Work!
Sunday	Anytime in the evening	Submit your weekly challenge results 😊

Schedule for 2 hour +  
Intermediate/Advanced groups  
(join as many as you can!)

Day	Time	Activity
Monday	5.15-6pm	Fitness
Thursday	5.15-6pm	Skills
Saturday	11-11.45am	Fun and Work!
Sunday	Anytime in the evening	Submit your weekly challenge results 😊

# TK Gymfit Zoom Timetable Jan/Feb 2021

## Competition Squads / those doing 4 hrs +

Day	Time	Activity
Weds	5.30-6.45pm	Fitness and extra content zoom
Thursday	6-6.45pm	Skill Development work
Saturday	11-11.45am 11.45-12.15pm	Fun zoom Flexibility
Sunday	Anytime in the evening	Submit your weekly challenge results 😊
As often as you can	For as long as you want	Your individual programme