



GLOBAL ONLINE  
**WORKOUT**  
SUMMIT

### Monday 1st June

10:00	Welcome to Muay Thai	Solo workout	Christia Kyprianou
13:00	Gentle Hatha Yoga	Solo workout	Becky Miller
19:00	Muay Thai Blast	Solo workout	Khadijah Safari
20:00	BJJ	Solo workout	Nabila Martinez

### Tuesday 2nd June

10:00	Thai Box & Burn	Solo workout	Paulina Momot
13:00	Assisted Running	Solo workout	Lauren Gregory
19:00	Muay Thai Fundamentals	Solo workout	Christia Kyprianou
20:00	BJJ	Solo workout	Joanna Ziobronowicz

### Wednesday 3rd June

10:00	Dynamic Yoga	Solo workout	Becky Miller
13:00	Gymnastics Strengthening	Solo workout	Aimee Falconer
19:00	Muay Thai Beginner	Solo workout	Paulina Momot
21:00	Thai Boxing Beginner	Solo workout	Rachael Tarbox

### Thursday 4th June

19:00	Muay Thai Drills	Solo workout	Khadijah Safari
20:00	Group life coaching	Group session	Dr Huda Thakur

### Friday 5th June

10:00	Thai Box & Burn	Solo workout	Paulina Momot
19:00	Muay Thai Technical	Solo workout	Christia Kyprianou
20:00	BJJ	Solo workout	Hayley Carter

### Saturday 6th June

10:00	Ballet Burn	Solo workout	Isabella McGuire Mayes
12:00	Cardio Killer	Solo workout	Khadijah Safari
14:00	BJJ	Solo workout	Nabila Martinez
15:00	Hiit	Solo workout	Lara Fawzy
16:00	Gymnastics Fundamentals	Solo workout	Kati Simpson
18:00	Running for mental strength	Solo workout	Lynne Northcott

### Sunday 7th June

11:00	Pilates	Solo workout	Hasina Rahman
13:00	BJJ Partner Techniques	Partnered workout	Hayley Carter
15:00	Muay Thai Cardio	Solo workout	Christia Kyprianou
16:00	Cross Fit	Solo workout	Alexis Rufus
17:00	Partnered Muay Thai	Partnered workout	Khadijah & Karim