

# #VitalityHalfTerm

## 8th - 14th February Calendar

Afternoon  
12:30 - 1pm

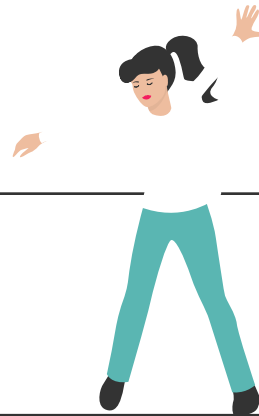
08

Pursuing your goals -  
Great Britain Women's Hockey Team



09

HIIT workout  
with Emma Wiggs



10

Kids Street Dance Party



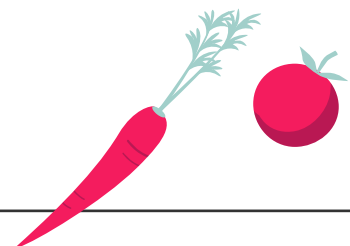
11

Living room assault course workout  
with Daley Thompson



12

Fancy Dress Pilates (Sports theme)  
with Louise & Jos Buttler



13

Healthy Pizza Cookalong  
with Lizzie Simmonds & James Hudson

14

Valentines day!  
Kids Arts and crafts

