



# HATFIELD SWIMMING CLUB


## Your Daily Mix (stay Safe) 🧘

Gooooood morning everyone,

Our topic for this weekend is **Mix it Up**. We start the day with Kickboxing Bootcamp which can be found in Browse menu, No Equipment section. Scroll down to find the titled session. We would like you to start this session around 10:30am to stick to our/your routine. Before this session you should do your pre pool mobility routine.

**Kickboxing  
Bootcamp**

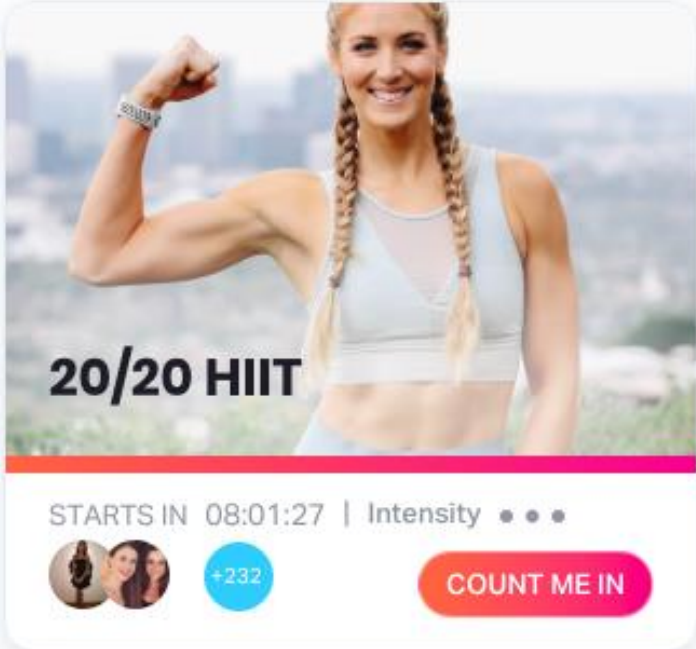
26 min | Intensity ● ● ●

 +29k

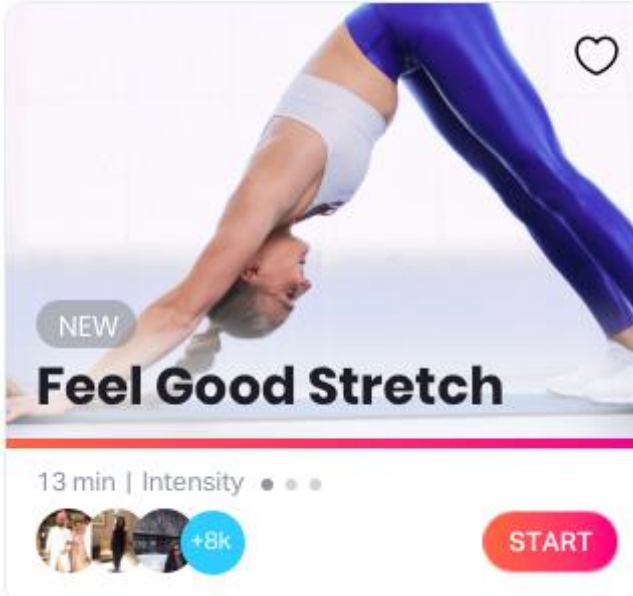
**START**

## Afternoon Session

20/20 HIIT sessions is scheduled at 17:00. After this sessions you should stretch with found in On Demand, Stretch section.



A workout card for a 20/20 HIIT session. The top half features a woman with blonde braids, wearing a light blue sports bra and leggings, flexing her right bicep against a cityscape background. The text "20/20 HIIT" is overlaid in large, bold, black letters. Below the image, a white bar contains the text "STARTS IN 08:01:27 | Intensity ●●●". At the bottom left, there are two circular profile icons and a blue circle with "+232". At the bottom right, there is a red button with the text "COUNT ME IN".



A workout card for a "Feel Good Stretch" session. The top half features a woman in a white sports bra and blue leggings performing a downward dog yoga pose. The text "NEW" is in a grey pill shape, and "Feel Good Stretch" is in large, bold, black letters. A heart icon is in the top right corner. Below the image, a white bar contains the text "13 min | Intensity ●●●". At the bottom left, there are three circular profile icons and a blue circle with "+8k". At the bottom right, there is a red button with the text "START".

Wellness = Fitness + Health! We are doing great!