



CAFE RACHEL - CHRISTMAS CALENDAR

<https://www.facebook.com/groups/caferachelchristmas>



November



DYDD LLUN
MONDAY

DYDD MAWRTH
TUESDAY

DYDD MERCHER
WEDNESDAY

DYDD IAU
THURSDAY

DYDD GWENER
FRIDAY

DYDD SADWRN
SATURDAY

17

Metabolic Workout
07:30 - 07:50
Dumbbells 18:00 - 18:20
Pilates 18:30 - 19:05



18

BarBell 20
07:30 - 07:50
Cafe Conversations
19:30 - 20:15

19

07:30 - 07:50
Kettlebell Conditioning
18:00 - 18:20
Cardio Corner
18:25 - 19:00
Core & Restore

20

Mat Work Pilates
07:30 - 07:50



21

Functional Fitness
07:30 - 07:50



22

Standing Pilates
09:00 - 09:30
Motivate Me
09:30 - 09:45

24

Metabolic Workout
07:30 - 07:50
Dumbbells 18:00 - 18:20
Pilates 18:30 - 19:05

25

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19:30 - 20:15



26

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18:00 - 18:20
Cardio Corner
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Core & Restore

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Café Rachel: 10-Day
Reboot
05/01/26 - 15/01/26

www.rbhfitness.co.uk



Cafe 26: Starting
February 2nd 2026