

This schedule commences 28/9/2020

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5.30am	X-TRAINER	REV 45	BODY HIIT 45	REV 45	PILATES		
7.15am						BODY HIIT 45	
8.00am	LITE & LO		A050's 45		SCULPT 45		REV 45
8.15am						SCULPT 45	
8.40am						STRETCH	
9.00am			CARDIO HIIT 30				PILATES PLUS
9.05am					TODDLER FIT 30		
9.10am						ZUMBA 45	
9.15am	POWER HOUR		REV 45	LITE & LO	FOUNDATION YOGA		
9.30am	FIGHT FIT 45	REV 45		REV 30			
9.40am			SCULPT		ZUMBA 45		
10.00am				ABS & BUTTS 30		HATHA YOGA	
10.05am		LITE & LO					
10.30am	A050's PILATES	HATHA YOGA	PILATES	STRETCH	A050's REV 45		
10:50am			A050's				
11.00am				MUM'S AND BUBS 45			
11.15am		STRETCH					
11.40am	STRONG & STABLE 45		STRONG & STABLE 45		STRONG & STABLE 45		
4.00pm							ZUMBA 45
4.30pm	ZUMBA 45	SCULPT					
5.00pm				BODY HIIT 45		YIN YOGA	
5.30pm	POWER HOUR	STRETCH	SCULPT 45		REV 45		
5.45pm			HATHA YOGA				
6.00pm	PILATES	X-TRAINER 45		HATHA YOGA	ZUMBA 45		
6.20pm				REV 45			
6.30pm			ZUMBA 45				
6.40pm		DANCE FITNESS					
6.45pm	SCULPT						
7.00pm		VINYASA YOGA	REV 45	GUIDED MEDITATION 30			
7.15pm	REV 45						
7.35pm		REV 45					