

TIME	MON 20/12	TUE 21/12	WED 22/12	THU 23/12	FRI 24/12	SAT 25/12	SUN 26/12
5.30am	TABATA 45	REV 45	BODY HIIT 45	REV 45	PILATES	 	
8.00am	LITE & LO		AO50's 45		SCULPT 45		
9.15am	POWER HOUR	REV 45		LITE & LO 45			
9.30am		AO50's	DANCE / ZUMBA	REV 30	ZUMBA 45		
9.40am			SCULPT				
10.00am				ABS & BUTTS 30 STRETCH 30			
10.30am	PILATES		PILATES		AO50's		
10.40am		STRETCH					
11.40am	STRONG & STABLE 45				STRONG & STABLE 45		
4.30pm	ZUMBA 45	SCULPT					
5.00pm			SCULPT 45	BODY HIIT 45			 
5.30pm	PILATES				REV 45		
5.45pm		BODY HIIT					
6.00pm	POWER HOUR	STRETCH	ZUMBA 45	HATHA YOGA			
6.40pm		DANCE FITNESS 45					
7.15pm	REV 45		REV 45				