

TIME	MON 03/01	TUE 04/01	WED 05/01	THU 06/01	FRI 07/01	SAT 08/01	SUN 09/01
5.30am		REV 45	BODY HIIT 45	REV 45	PILATES		
7.15am						BODY HIIT 45	
8.00am			A050's 45		SCULPT 45		REV 45
8.15am						SCULPT 45	
9.00am							PILATES PLUS
9.15am		REV 45			LITE & LO		
9.30am	FIGHT FIT 45	LITE & LO	DANCE / ZUMBA	REV 30	ZUMBA 45	HATHA YOGA	
9.40am			SCULPT				
10.00am				ABS & BUTTS 30			
10.30am	LITE & LO		PILATES	STRETCH	A050's		
10.40am		STRETCH					
11.40am			STRONG & STABLE 45		STRONG & STABLE 45		
4.00pm							ZUMBA 45
4.30pm		SCULPT					
5.00pm			SCULPT 45	BODY HIIT 45			
5.30pm	PILATES				REV 45		
5.45pm		BODY HIIT			ZUMBA 45		
6.00pm		STRETCH	ZUMBA 45	HATHA YOGA			
6.40pm		DANCE FITNESS 45					
7.15pm			REV 45				