

TIME	MON 17/01	TUE 18/01	WED 19/01	THU 20/01	FRI 21/01	SAT 22/01	SUN 23/01
5.30am	TABATA 45	REV 45	BODY HIIT 45	REV 45	PILATES		
7.15am						BODY HIIT 45	
8.00am	LITE & LO		AO50's 45		SCULPT 45		REV 45
8.15am						SCULPT 45	
9.00am			CARDIO HIIT 30				PILATES PLUS
9.15am	POWER HOUR	REV 45		LITE & LO	FOUNDATION YOGA		
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	AO50's PILATES		PILATES	STRETCH	AO50's		
10.40am		STRETCH					
11.40am	STRONG & STABLE 45		STRONG & STABLE 45		STRONG & STABLE 45		
4.00pm							ZUMBA 45
4.30pm	ZUMBA 45	SCULPT					
5.00pm			SCULPT 45	BODY HIIT 45			
5.30pm	PILATES				REV 45		
5.45pm		BODY HIIT	HATHA YOGA		ZUMBA 45		
6.00pm	POWER HOUR	STRETCH	ZUMBA 45	HATHA YOGA			
6.10pm				POWER HOUR			
6.40pm		DANCE FITNESS 45					
7.15pm	REV 45		REV 45				