

TIME	MON 24/01	TUE 25/01	WED 26/01	THU 27/01	FRI 28/01	SAT 29/01	SUN 30/01
5.30am	TABATA 45	REV 45		REV 45	PILATES		
7.15am						BODY HIIT 45	
8.00am	LITE & LO					SCULPT 45	REV 45
8.15am						SCULPT 45	
9.00am							PILATES PLUS
9.15am	POWER HOUR	REV 45		LITE & LO	FOUNDATION YOGA		
9.30am	FIGHT FIT 45	LITE & LO	SCULPT	REV 30	ZUMBA 45	HATHA YOGA	
9.40am							
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		
4.00pm							ZUMBA 45
4.30pm	ZUMBA 45	SCULPT					
5.00pm				BODY HIIT 45			
5.30pm	PILATES		HATHA YOGA		REV 45		
5.45pm		BODY HIIT			ZUMBA 45		
6.00pm	POWER HOUR	STRETCH		HATHA YOGA			
6.10pm				POWER HOUR			
6.40pm		DANCE FITNESS 45					
7.15pm	REV 45						