

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
06.00am		FUNCTIONAL X	CIRCUIT	FUNCTIONAL X			
08.00am						BODY PUMP	
09.00am	BODY PUMP		HIIT CIRCUIT	BODY PUMP	STEP		
09:15am		CYCLE				PILATES	
10:15am	BALANCE			BALANCE			
10:30am		PILATES	YOGA		PILATES	ZUMBA	
4:30pm		FUNCTIONAL X					
5:30pm	STEP	CIRCUIT	BODY PUMP	CYCLE			
6.30pm	YOGA		ZUMBA				