

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA 9AM 45 MINUTES	FLOW YOGA 7AM 45 MINUTES	DYNAMIC YOGA 8AM 45 MINUTES	FLOW YOGA 7AM 45 MINUTES	FUSION 9AM 45 MINUTES	PILATES 8AM 45 MINUTES	YOGALATES 11AM 45 MINUTES
AQUA 10AM 45 MINUTES	PILATES 9AM 45 MINUTES	DANCE MEDITATION 9AM 45 MINUTES	CORE 12PM 45 MINUTES	FULL BODY 12PM 45 MINUTES	PILATES 9AM 45 MINUTES	
FLOW YOGA 12PM 45 MINUTES	CIRCUITS 10AM 45 MINUTES	AQUA 9AM 45 MINUTES	DANCE MEDITATION 5PM 45 MINUTES		STRETCH & TONE 9.45AM 45 MINUTES	
PILATES 5PM 45 MINUTES	FUSION 5PM 45 MINUTES	AQUA 10AM 45 MINUTES	YIN RESTORATIVE MEDITATION 6PM 45 MINUTES		BOX 12PM 45 MINUTES	
ZUMBA GOLD 5.45PM 45 MINUTES	FUSION 5PM 45 MINUTES	SPIN EXTREME 5PM 45 MINUTES	LBT 7PM 45 MINUTES			
YOGA 6PM 45 MINUTES	AQUA 6PM 45 MINUTES	BOX 6PM 45 MINUTES				
ZUMBA TONE 7PM 45 MINUTES		ZUMBA GOLD 7PM 45 MINUTES				