

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15AM	FUNCTIONAL30 (6.30AM)	ABT30	ENIGMA (6.30AM)		
6:45AM					
9:00AM	HIIT30 Low Impact		YOGALATES		
10:00AM		YIN YOGA			YIN YOGA
11:00AM					MEDITATION
11:30AM					
12:30PM		ABT30		HITT30	
5:30PM					
6:00PM	HITT30	YOGA	ABT30	YOGA	
6:30PM		BOOKINGS ESSENTIAL		BOOKINGS ESSENTIAL	