

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**09.15AM**  
**10.00AM**

**POSTURAL**

**POSTURAL**

**POSTURAL**

**01.15AM**  
**02.00AM**

**TOTAL  
BODY**

**BODY  
TONE**

**TOTAL  
BODY**

**BODY  
SCULPT**

**TOTAL  
BODY**

**CIRCUIT  
TRAINING**

**06.00PM**  
**06.45PM**

**GAG**

**TOTAL  
BODY**

**BODY  
SCULPT**

**GAG**

**HIIT**

**07.00PM**  
**07.45PM**

**CIRCUIT  
TRAINING**

**BODY  
SCULPT**

**GAG**

**08.00PM**  
**08.45PM**

**PILATES**