

MON

TUE

WED

THU

FRI

SAT

09.15AM
10.00AM

POSTURAL

POSTURAL

POSTURAL

01.15AM
02.00AM

**TOTAL
BODY**

**BODY
TONE**

**TOTAL
BODY**

**BODY
TONE**

**TOTAL
BODY**

**CIRCUIT
TRAINING**

06.00PM
06.45PM

GAG

**TOTAL
BODY**

**BODY
SCULPT**

**TOTAL
BODY**

HIIT

07.00PM
07.45PM

STRONG

**BODY
SCULPT**

ABS

GAG

08.00PM
08.45PM

**CIRCUIT
TRAINING**

**CIRCUIT
TRAINING**