

MON**TUE****WED****THU****FRI****SAT****09.15AM
10.00AM****POSTURAL****POSTURAL****POSTURAL****10.00AM
10.45AM****PILATES****PILATES****01.15AM
02.00AM****TOTAL
BODY****BODY
TONE****TOTAL
BODY****BODY
TONE****TOTAL
BODY****CIRCUIT
TRAINING****06.00PM
06.45PM****GAG****PILATES****BODY
SCULPT****TOTAL
BODY****HIIT****07.00PM
07.45PM****STRONG****BODY
SCULPT****ABS****PILATES****08.00PM
08.45PM****CIRCUIT
TRAINING****CIRCUIT
TRAINING**