

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	ONLINE	ONLINE	ONLINE	ONLINE	ONLINE	ONLINE	ONLINE
6.30							
6.45							
7.00							
7.15							
7.30	HIIT Sarah B						
7.45							
8.00							
8.15							
8.30							
8.45							
9.00							
9.15							
9.30							
9.45			Body Conditioning Mandy	HIIT Lauren		HIIT Lauren	
10.00							
10.15							
10.30	Body Balance Helen	Yoga Linda	Pilates Kelly	Body Conditioning Lauren			
10.45							
11.00							
11.15							
11.30							
11.45							
12.00		Lunchtime Stretch Sarah B		Seated Dance Oni			
12.15							
12.30							
12.45				Lunchtime Stretch Kelly			
13.00							
13.15							
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18.00							
18.15							
18.30				LBT Kelly			
18.45							
19.00							
19.15							
19.30	Body Balance Amy	Body Attack Mandy	Yoga Linda				
19.45							
20.00							
20.15							
20.30							

CALORIE BURN
SPECIALITY
YOUTH
DANCE
STRENGTH & TONE
RELAXATION