



MONDAY

6.30am Fatburn Circuit (30 mins)
9am Step (45 mins)
5pm Gym Spring (30 mins)
5.30pm Gym Spring (30 mins)
6pm CLUB FIESTA! (60 mins)

TUESDAY

9am ABTs (30 mins)
10am Yoga (60 mins)
5pm Pump (45 mins)
6.00pm HIIT Circuit (30 mins ABF)
6.45pm Pilates (45 mins)

WEDNESDAY

6.15am Abs butts & thighs (45 mins)
9am Boxfit (30 mins)
5.15pm Abs, butts n thighs (45 mins)
6pm Club Fiesta! (60 mins)
6.00pm Tabata (30 mins ABF)

THURSDAY

6.30am Tabata (30 mins)
9am HIIT Circuit (40 mins)
5.00pm HIIT Circuit (40 mins)
5.45pm Fitball (30 mins)
7pm Yoga (60 mins)

FRIDAY

6.30am HIIT30 (30 mins)
9am Step (45 mins)
9.45am Pilates (45 mins)

SATURDAY

8am Fatburn circuit (45 mins)
9.00am ZUMBA (60 mins)
10.00am Pilates (45 mins)

1st Sunday of each month SUNDAY SUPRISE
WORKOUT!
9am (45 mins)

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