



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|------------------|------------------|------------------|------------------|------------------|-------------|
| 8am | Circuit | | Circuit | | Zumba | |
| 9am | Stretch | | Stretch | | Body Sculpt | Zumba |
| 10am | Boxfit | Stretch | Body Sculpt | Stretch | Yoga | Mat Pilates |
| 11am | Pilates Reformer | Pilates Reformer | | Yoga | Pilates Reformer | Boxfit |
| 12pm | Yoga | Pilates Reformer | Yoga | WG | Pilates Reformer | Boxfit |
| 12.30pm | | Boxfit | | | | |
| 1pm | WG | | WG | | | |
| 4.30pm | Pilates Reformer | Mat Pilates | Pilates Reformer | Mat Pilates | | |
| 5.30pm | Pilates Reformer | Boxfit | Pilates Reformer | Pilates Reformer | | |