Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	FUNCTIONAL STRENGTH	BODYPUMP 45 mins	BODYPUMP 30 mins	BODYATTACK 45 mins	BODYPUMP 60 mins		
	45 mins	RPM 50 mins	SPRINT 30 mins	RPM 50 mins	SPRINT 30 mins		
	SWEAT	SWEAT	SWEAT	SWEAT	SWEAT		
6:15am	45 mins SPRINT	45 mins	45 mins	45 mins	45 mins		
6:30am	30 mins		CORE				
6:45am			30 mins			FUNCTIONAL STRENGTH 45 mins	
7:00am	SWEAT	SWEAT	SWEAT	SWEAT	SWEAT	RPM	
7:10am	45 mins	45 mins	45 mins	45 mins	45 mins	50 mins SWEAT (7:30am)	
7:50am						45 mins Pilates	
8:00am			Yoga (8:05am)	SHAPES		45 mins	RPM
8:30am	Pilates		75 mins	45 mins			50 mins SHAPES
8:40am	45 mins				BODYCOMBAT		45 mins
					45 mins	BODYATTACK	
8:45am						45 mins SPRINT	
8:50am		FUNCTIONAL STRENGTH 45 mins		Freestyle Dance 45 mins		30 mins	
9:00am		Swim Squad 60 mins		Swim Squad 60 mins			RPM 50 mins
	RPM 50 mins	Freestyle Cycle 50 mins	RPM 50 mins	SPRINT 30 mins	Freestyle Cycle 50 mins	RPM 50 mins	56 111113
9:30am	BODYPUMP 60 mins	30 111113	BODYPUMP 60 mins	30 111113	BODYPUMP 30 mins	30 111113	BODYCOMBAT 60 mins
	CO THILLS		Gold Fitness 45 mins	Gold Dance 45 mins	30 111113		00 111113
9:35am						BODYCOMBAT 45 mins	
9:40am		BODYCOMBAT 60 mins		BODYPUMP 60 mins			
10:00am		Gold Dance 45 mins			CORE 30 mins		
10.000111					Aqua 45 mins		
10:30am	Functional Fitness 30 mins		Functional Fitness 30 mins		Functional Fitness 30 mins	BODYPUMP 60 mins	
			Chair Yoga 60 mins	Gold Pilates 60 mins			
10:35am	Freestyle Dance 45 mins		BODYATTACK 30 mins				BODYPUMP 30 mins
10:45am	Aqua 45 mins	BODYBALANCE 60 mins	Aqua 45 mins	BODYBALANCE 60 mins	Pilates 45 mins		
	Chair Yoga 60 mins						
11:00am		Gold Circuit 45 mins		Gold Circuit 45 mins			CORE (11:05am) 30 mins
44.45		Gold Pilates 60 mins				BODYBALANCE	Yoga
11:45am	SPRINT	BODYPUMP	SPRINT	BODYPUMP	RPM	60 mins	75 mins
12.30 pm	30 mins SWEAT	45 mins	30 mins FUNCTIONAL STRENGTH	45 mins SWEAT	50 mins		
12:45pm	45 mins		45 mins	45 mins		ZUMBA	
5:00pm	Yoga		SHAPES	BODYPUMP		45 mins	
3.00pm	55 mins	BODYPUMP	45 mins	45 mins			
5:30pm		30 mins SPRINT 30 mins	Freestyle Cycle 50 mins				
5:50pm		SO IIIIIIS	BODYCOMBAT 45 mins				
	BODYATTACK 45 mins	CORE 30 mins	13 111113	ZUMBA 45 mins			
6:00pm	RPM 50 mins		FUNCTIONAL	RPM 50 mins			
6:30pm		BODYBALANCE 60 mins	STRENGTH (6:35pm) 45 mins				
6:45pm	BODYPUMP 45 mins						
Downstairs studi	o Upstairs studi	io Pool	Gym	Shenton Park	Community Centre	The Palms Community	y Centre