

# WEEKLY TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.20	Fundamentals EXPRESS	Fundamentals EXPRESS	Fundamentals EXPRESS	Fundamentals EXPRESS	Fundamentals EXPRESS		
6.00	Fundamentals	Evolve	Jump	Evolve	Core & Booty		
6.30						Fundamentals	
7.00	Core & Booty	Jump	Fundamentals	Core & Booty	Fundamentals		
7.30						Stretch	
8.00	Mat Pilates		Mat Pilates		Mat Pilates		
8.30						Jump	Yoga Flow
9.00							
9.30	Mums & Bubs/ Fundamentals	Mums & Bubs/ Fundamentals	Mums & Bubs/ Fundamentals	Mums & Bubs/ Fundamentals	Mums & Bubs/ Fundamentals	Fundamentals	
10.00							Yoga Flow
11.00							
16.30	Fundamentals	Fundamentals	Core & Booty	Fundamentals	Core & Booty		
17.30	Core & Booty	Evolve	Fundamentals	Evolve	Jump		
18.30	Evolve	Fundamentals	Stretch	Jump	Fundamentals		