



# ONLINE CLASS TIMETABLE

Monday	12pm	BODY BLAST	(60 mins)
	6pm	BARRE FIT	(30 mins)
Tuesday	12.30pm	THROWBACK AEROBICS	(30 mins)
Wednesday	6pm	BOOTY BURNER	(30 mins)
Thursday	1pm	FULL BODY HIIT	(30 mins)
	6pm	SWEAT + SCULPT	(30 mins)
Friday	1.30pm	LEGS, BUMS & TUMS	(30 mins)
Saturday	10am	SATURDAY STRETCH	(30 mins)