



ONLINE CLASS TIMETABLE

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