

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15AM					
FMT ATHLETIC <i>LIVE STREAM</i> 30mins	FMT ATHLETIC 30mins	FMT ATHLETIC 30mins	FMT ATHLETIC 30mins	FMT ATHLETIC 30mins	
6:30AM					
	OUTDOORS XTRAIN 45mins	OUTDOORS CARDIO CORE 45mins	OUTDOORS ULTIMATE 45mins		
7:30AM					
AQUAFIT 45mins		AQUAFIT 45mins			
8:00AM					
					OUTDOORS XTRAIN 45mins
9:30AM					
					BODYPUMP 45mins
11:45AM					
FMT ATHLETIC 30mins	BODYATTACK 30mins	FMT ATHLETIC 30mins	FMT ATHLETIC 30mins		
12:15PM					
		OUTDOORS XTRAIN 45mins	FMT ATHLETIC <i>LIVE STREAM</i> 30mins		
12:35PM					
BODYPUMP 45mins	CXWORX 30mins	BODYPUMP 45mins	CXWORX 30mins	BODYPUMP 45mins	
BODYBALANCE 45mins		BODYBALANCE 45mins			
4:35PM					
BODYATTACK 45mins	BODYBURN 45mins	SCULPT N ABS 45mins	BODYPUMP 45mins		
RPM 45mins		RPM 45mins		RPM 45mins	
5:15PM					
OUTDOORS XTRAIN 45mins		OUTDOORS CARDIO CORE 45mins			
5:35PM					
BODYPUMP 45mins	SCULPT N ABS <i>LIVE STREAM</i> 45mins	BODYPUMP 45mins		BODYPUMP 45mins	
YOGASTRETCH <i>LIVE STREAM</i> 45mins	RPM 45mins	YOGASTRETCH <i>LIVE STREAM</i> 45mins	RPM 45mins		