

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:15AM</b>					
FMT ATHLETIC <i>LIVE STREAM</i> 30mins	FMT ATHLETIC 30mins	FMT ATHLETIC 30mins	FMT ATHLETIC 30mins	FMT ATHLETIC 30mins	
<b>7:15AM</b>					
AQUAFIT 45mins		AQUAFIT 45mins			
<b>8:00AM</b>					
					FMT ATHLETIC 45mins
<b>9:30AM</b>					
					BODYPUMP 60mins
<b>11:45AM</b>					
FMT ATHLETIC 30mins	BODYATTACK 30mins	FMT ATHLETIC 30mins	FMT ATHLETIC <i>LIVE STREAM</i> 30mins		
<b>12:35PM</b>					
BODYPUMP 45mins	CXWORX 30mins	BODYPUMP 45mins	CXWORX 30mins	BODYPUMP 45mins	
BODYBALANCE 45mins		BODYBALANCE 45mins			
<b>4:35PM</b>					
BODYATTACK 45mins	BODYBURN 45mins	SCULPT N ABS 45mins	BODYPUMP 45mins		
RPM 45mins		RPM 45mins		RPM 45mins	
<b>5:15PM</b>					
OUTDOORS XTRAIN 45mins		OUTDOORS CARDIO CORE 45mins			
<b>5:35PM</b>					
BODYPUMP 60mins	SCULPT N ABS <i>LIVE STREAM</i> 60mins	BODYPUMP 60mins		BODYPUMP 60mins	
YOGASTRETCH <i>LIVE STREAM</i> 60mins	RPM 45mins	YOGASTRETCH <i>LIVE STREAM</i> 60mins	RPM 45mins		