

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

<p>TURN'N'BURN 05:45 • 45 min</p> 	<p>META: COMPETE 05:45 • 45 min</p> 	<p>STRENGTH: TOTAL BODY 1 06:15 • 60 min</p> 	<p>TURN'N'BURN 05:45 • 45 min</p> 	<p>CARDIO: C3 05:45 • 45 min</p> 	<p>META HIIT 07:15 • 60 min</p> 	<p>HOT YIN 08:00 • 75mins</p> 
<p>POWER YOGA 06:30 • 60 min</p> 	<p>HOT YOGA 06:30 • 60 min</p> 	<p>SUNRISE FLOW 06:30 • 60 min</p> 	<p>HOT YOGA 06:30 • 60 min</p> 	<p>FLOW 06:30 • 60 min</p> 	<p>HOT YIN 08:00 • 75 min</p> 	<p>META: COMPETE 08:30 • 60 min</p> 
<p>STRENGTH: GLUTES/CORE 07:00 • 45 min</p> 	<p>FULL BODY SYNERGY 07:00 • 45 min</p> 	<p>RecFORMER: SCULPT 08:15 • 60 min</p> 	<p>STRENGTH 45 07:00 • 45 min</p> 	<p>PURE CORE 07:00 • 45 min</p> 	<p>TURN'N'BURN 08:45 • 45 min</p> 	<p>STRENGTH: TOTAL BODY 2 10:00 • 60 min</p> 
<p>RecFORMER: HIP 08:15 • 60 min</p> 	<p>STRENGTH: GLUTES/CORE 08:15 • 45 min</p> 	<p>HOT YOGA 08:30 • 60 min</p> 	<p>META HIIT 08:15 • 45 min</p> 	<p>RecFORMER: SCULPT 08:15 • 60 min</p> 	<p>HYROX: COMPLETE 10:00 • 60 min</p> 	<p>FLOW 10:45 • 60 min</p> 
<p>RecFORMER: ESSENTIALS 10:30 • 60 min</p> 		<p>RecFORMER: SCULPT 10:30 • 60 min</p> 		<p>RecFORMER: ESSENTIALS 10:30 • 60 min</p> 	<p>POWER YOGA 10:45 • 60 min</p> 	
					<p>RecFORMER: HIP 11:45 • 60 min</p> 	

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AFTERNOON & EVENING

<p>PURE CORE 12:15 • 45 min</p> 	<p>PILATES RE: BALANCE 12:15 • 45 min</p> 	<p>TURN'N'BURN 12:15 • 45 min</p> 	<p>PILATES RE: BALANCE 12:15 • 45 min</p> 	<p>RecFORMER: HIP 12:15 • 45 min</p> 
<p>HOT YIN 12:45 • 45 min</p> 	<p>HYROX: POWER 12:45 • 45 min</p> 	<p>POWER YOGA 12:45 • 45 min</p> 	<p>HYROX: ENGINE 12:45 • 45 min</p> 	<p>META: COMPETE 17:30 • 60 min</p> 
<p>RecFORMER: SCULPT 17:15 • 60 min</p> 	<p>TURN'N'BURN PLUS 17:45 • 45 min</p> 	<p>BEATS 17:30 • 45 min</p> 	<p>PILATES RE:ALIGN 17:30 • 45 min</p> 	<p>RESTORATIVE YOGA 17:45 • 60 min</p> 
<p>HOT YOGA 17:45 • 60 min</p> 	<p>FLOW 18:30 • 60 min</p> 	<p>PILATES RE: BALANCE 17:45 • 60 min</p> 	<p>STRENGTH: TOTAL BODY 2 17:45 • 60 min</p> 	
<p>STRENGTH: TOTAL BODY 1 18:30 • 60 min</p> 		<p>HYROX: FOUNDATION 18:30 • 60 min</p> 	<p>POWER YOGA 18:30 • 60 min</p> 	
		<p>HOT YIN 19:00 • 75 min</p> 		