

**MON****TUE****WED****THU****FRI****SAT****09.15AM  
10.00AM****POSTURAL****POSTURAL****POSTURAL****10.00AM  
10.45AM****PILATES****PILATES****01.15AM  
02.00AM****TOTAL  
BODY****BODY  
TONE****TOTAL  
BODY****BODY  
TONE****TOTAL  
BODY****CIRCUIT  
TRAINING****06.00PM  
06.45PM****GAG****TOTAL  
BODY****BODY  
SCULPT****TOTAL  
BODY****HIIT****07.00PM  
07.45PM****STRONG****BODY  
SCULPT****ABS****GAG****08.00PM  
08.45PM****CIRCUIT  
TRAINING****CIRCUIT  
TRAINING**