

WEEK 1	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
6 am		Core Storm <i>(Alysha)</i>	Load & Lift <i>(Jess)</i>	Metaburn <i>(Lou)</i>	Strength & Sculpt <i>(Alysha)</i>		
8 am						Weekend Warrior <i>(Lou)</i>	
9 am	Strong Foundations Strength & Stamina <i>(Julie)</i>				Core Storm <i>(Alysha)</i>		Rotating Class
5:45 pm	Step <i>(Lou)</i>	Load & Lift <i>(Lou)</i>	Core Storm <i>(Julie)</i>	Strength & Sculpt <i>(Jess)</i>			
6:45 pm	Yoga <i>(Hayley)</i>			Mat Pilates <i>(Jess)</i>			

WEEK 2	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
6 am		Strong & Sweat <i>(Alysha)</i>	Core Storm <i>(Jess)</i>	Power Pulse <i>(Lou)</i>	Box & Burn <i>(Alysha)</i>		
8 am						Weekend Warrior <i>(Lou)</i>	
9 am	Strong Foundations Strength & Stamina <i>(Julie)</i>				Strength & Sculpt <i>(Alysha)</i>		Rotating Class
5:45 pm	MetaBurn <i>(Alysha)</i>	Load & Lift <i>(Lou)</i>	Strong Foundations Strength & Stamina <i>(Julie)</i>	Core Storm <i>(Jess)</i>			
6:40 pm	Yoga <i>(Hayley)</i>			Mat Pilates <i>(Jess)</i>			