

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

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