

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>8:00 - 8:50</u> Strength & Sculpt Briana	<u>10:15 - 11:05</u> Post-Natal Strength & Sculpt Briana	<u>8:00 - 8:50</u> Strength & Sculpt Briana	Available for Personal Training	<u>8:00 - 8:50</u> Strength & Sculpt Briana		
<u>9:15 - 10:05</u> Strength & Sculpt Briana	<u>11:30 - 12:20</u> Strength & Sculpt Sarah	<u>9:15 - 10:05</u> Pilates + Strength Talitha	<u>9:15 - 10:05</u> Morning Lift Sarah	<u>9:00 - 9:50</u> Strength & Sculpt Briana	<u>9:30 - 10:20</u> Saturday Sculpt Briana	<u>9:30 - 10:20</u> Strength & Sculpt Briana
<u>10:15 - 11:05</u> Functional Strength & Bone Building Briana	<u>12:30 - 13:20</u> Lunchtime Lift Sarah	<u>10:15 - 11:05</u> Strength + Sculpt Sarah	<u>10:15 - 11:05</u> Pilates + Strength Talitha	<u>10:00 - 10:50</u> Pilates + Strength Talitha	<u>10:30 - 11:20</u> Pilates+Strength Briana	<u>10:30 - 11:20</u> Strength & Sculpt Briana
<u>11:15 - 12:05</u> Post-Natal Pilates Talitha	<u>14:30 - 15:20</u> Functional Strength & Bone Building Joanna	<u>11:15 - 12:15</u> Barre Sculpt Dalya	<u>11:15 - 12:10</u> Functional Strength & Bone Building Joanna	<u>11:05 - 11:55</u> Post-Natal Pilates Talitha		
<u>12:30 - 13:20</u> Pilates + Strength Talitha		<u>17:50 - 18:40</u> Teen Fitness Talitha	<u>12:30 - 13:20</u> Lunchtime Lift Sarah	<u>12:30 - 13:20</u> Lunchtime Lift Sarah		
<u>17:15 - 18:05</u> Teen Fitness Talitha	<u>17:45 - 18:35</u> Teen Fitness Briana	<u>19:00 - 19:50</u> 80s Fitness Talitha	<u>18:00 - 18:50</u> Teen Fitness Briana			Available for Personal Training
<u>18:45 - 19:35</u> Pilates + Strength Talitha	<u>19:00 - 19:50</u> Upstairs Strength Circuit Briana	<u>20:00 - 20:50</u> Pilates Flow Zoe	<u>19:00 - 19:50</u> Strength & Sculpt Briana			<u>19:00 - 20:00</u> Pilates Flow Talitha