























	6.15am	9am	9.30am	10am		5.30pm	6pm	7pm
Monday	30 min <b>SPIN</b> 	30 min <b>PUMP</b> 	30min <b>STEP</b> 	15 min <b>FAB ABS</b> 		30 min <b>STEP</b> 	30 min <b>BUMS &amp; TUMS</b> 	
Tuesday	30 min <b>Cardio Circuit</b> 	45 min <b>STRETCH</b> 				5.30pm 30min <b>CARDIO</b> 	5.30pm 1.5 hours <b>YOGA</b> <b>EXTRA COST</b> 	
Wednesday	30 min <b>BUMS &amp; TUMS</b> 	30 min <b>Hydraulic Circuit</b> 	30 min <b>BUMS &amp; TUMS</b> 			30 min <b>BUMS &amp; TUMS</b> 		
Thursday	45 min <b>SPIN</b> 	30 min <b>PUMP</b> 	30 min <b>STEP</b> 	15 min <b>ABS</b> 				
Friday	30 min <b>PUMP</b> 	30 min <b>STRETCH</b> 	30min <b>Swiss Ball</b> 			30min <b>SPIN</b> 		
Saturday		30min <b>MYSTERY CLASS</b>	15 min <b>FAB ABS</b> 