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| **­­­­Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **5.45 am** | **Embrace PT****Bootcamp**Brad | **Embrace PT****HIIT**Richard | **Embrace PT****Kettle Bells**Richard | **Functional Movement**Richard | **Embrace PT****Bootcamp**Mykaela |  |
| **7.00 am** |  |  |  |  |  | **Embrace PT****Bootcamp**Brad |
| **9.30 am** | **Embrace PT****HIIT**Richard | **Embrace PT****Circuit**Catherine | **Active**Catherine | **Embrace PT****Circuit**Richard | **Embrace PT****HIIT (9am)**Catherine | **Active**Daniella  |
| **10.30 am** | **Active**Catherine | **Fit & Flex** **BUFF BONES**Anu | **Fit & Flex Strength** Anu |  | **Fit & Flex Circuit**Anu | **Mat Pilates**Anu |
| **5.45 pm** |  **X-Training**Jason | **Active**Daniella | **Fight**Jason |  |  |  |
| **6.45 pm** | **Zumba**Naomi | **Centergy**Jason | **Mat Pilates**Anu |  |  |  |