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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 |  |  |  |