BUMP.

M	T	W	T	F	S	S
6:00am **SCULPT** 45mins	6:00am **EMPOWER** 45mins	6:00am **PILATES REFORMER** 45mins	6:00am **TRX & KETTLEBELL** 45mins	6:00am **PILATES REFORMER** 45mins	7:00am **TONE & DEFINE** 45mins	8:00am **EMPOWER** 45mins
8:00am **SCULPT** 45mins	8:00am **HIIT** 45mins	8:00am **TONE & DEFINE** 45mins	6:00am **EMPOWER** 45mins	8:00am **REFORMER CIRCUITS** 45mins	7:00am **EMPOWER** 45mins	9:00am **YOGA** 60mins
9:00am **REPAIR & REBUILD** 45mins	8:00am **BARRE** 45mins	8:00am **PILATES REFORMER** 45mins	8:00am **STRENGTH** 45mins	8:00am **SCULPT** 45mins	8:00am **SCULPT** 45mins	9:00am **TONE & DEFINE** 45mins
9:00am **CORE REFORMER** 45mins	9:00am **TRX & KETTLEBELL** 45mins	9:00am **REPAIR & REBUILD** 45mins	8:00am **BARRE** 45mins	9:00am **BOXING** 45mins	8:00am **REFORMER CIRCUITS** 45mins	
	9:00am **YOGA** 45mins	9:00am **PILATES REFORMER** 45mins	9:00am **PILATES** *MAT* 45mins	9:00am **REFORMER PILATES** 45mins		
			9:00am **HIIT** 45mins			
10:00am **HIIT** 45mins	10:00am **BOXING** 45mins	10:00am **HIIT** 45mins	10:00am **SCULPT** 45mins	10:00am **EMPOWER** 45mins	9:00am **BARRE** 45mins	
10:00am **EMPOWER** 45mins	10:00am **YOGA** *MUMS & BUBS* 60mins	10:00am **EMPOWER** 45mins	10:00am **YOGA** 45mins	10:00am **MUMS & BUBS** 45mins	10:00am **MUMS & DADS** 45mins	
			11:00am **YOGA** *FOR BIRTHING* 45mins			
6:00pm **SCULPT** 45mins	5:40pm **EMPOWER** 45mins	5:30pm **PILATES REFORMER** 45mins	5:40pm **PILATES REFORMER** 45mins			
7:00pm **YOGA** 60mins	6:30pm **PILATES REFORMER** 45mins	6:20pm **STRENGTH** 45mins	6:30pm **EMPOWER** 45mins			
	6:30pm **SCULPT** 45mins		6:30pm **TONE & DEFINE** 45mins			