

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06:15-07:00		Total Body Strength	Hybrid Fitness	Total Body Strength	Total Body Strength
08:30-09:15	Power Conditioning 08:15 - 09:00		Hybrid Fitness		Total Body Strength
17:30-18:15	Power Conditioning	Dance Fusion 18:00 - 19:00	Hybrid Fitness	Dance Fusion 18:00 - 19:00	
18:30-19:15	Power Conditioning		Total Body Strength		