

<b>MONDAY</b>	<p><b>9.30am - 10.15am</b></p> <p>Pilates</p>	<p><b>12.30pm - 1pm</b></p> <p>Lunchtime Body Blast</p>	<p><b>7.30pm - 8:15pm</b></p> <p>Kick Ass Cardio</p>
<b>TUESDAY</b>	<p><b>6.30am - 7.15am</b></p> <p>Early Bird HIIT</p>	<p><b>9:00am - 9.45am</b></p> <p>Pilates and Weights</p>	
<b>WEDNESDAY</b>	<p><b>9.30am - 10.15am</b></p> <p>HIIT Training</p>	<p><b>6:00pm - 6.45pm</b></p> <p>Cardio workout</p>	<p><b>7:00pm - 7.45pm</b></p> <p>Pilates</p>
<b>THURSDAY</b>	<p><b>6.30am - 7.15am</b></p> <p>Earl Bird Fit and Lean pyramid Training</p>	<p><b>12.30pm - 1:15pm</b></p> <p>Power Pilates Advanced</p>	
<b>FRIDAY</b>	<p><b>9.30am - 10.15am</b></p> <p>Pilates with weights</p>	<p><b>12.30pm - 1:00pm</b></p> <p>Lunch express workout</p>	<p><b>6:00pm - 6:45pm</b></p> <p>EMOM Every minute on the move</p>
<b>SATURDAY</b>	<p><b>8.30am - 09:15am</b></p> <p>Family Fitness HIIT Style</p>		