

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am - 5:30am	HIIT	HIIT	HIIT	HIIT	HIIT		
5:30am - 6:00am	HIIT	HIIT	HIIT	HIIT	HIIT		
6:00am - 6:30am	HIIT	HIIT	HIIT	HIIT	HIIT		
6:30am - 7:00am	HIIT	HIIT	HIIT	HIIT	HIIT		
7:00am - 7:30am	HIIT	CORE	HIIT	CORE	HIIT	HIIT	
7:30am - 8:00am						HIIT	HIIT
7:45am - 8:15am		HIIT		HIIT			
8:00am - 8:30am						HIIT	HIIT
8:30am - 8:45am							CORE
8:45am - 9:15am						HIIT	
9:00am - 9:15am	CORE	CORE	MOBILITY	CORE	MOBILITY		STRENGTH
9:15am - 9:45am	HIIT	HIIT	HIIT	HIIT	HIIT		
9:30am - 10:00am						HIIT	
9:45am - 10:25am	PRE & POSTNATAL	HIIT	PRE & POSTNATAL	HIIT	PRE & POSTNATAL		
10:00am - 10:30am						BOXING	
10:15am - 10:45am	CORE	CORE	CORE	CORE	CORE		
10:30am - 11:10am			PRE & POSTNATAL				
3:30pm - 4:00pm							
3:45pm - 4:00pm		CORE		CORE	CORE		
4:00pm - 4.30pm	HIIT	HIIT	HIIT	HIIT	HIIT		
4:30pm - 5:00pm	HIIT	HIIT	HIIT	HIIT			
5:00pm - 5:30pm	HIIT	HIIT	HIIT	HIIT	STRENGTH		
5:30pm - 6:00pm	STRENGTH	HIIT	STRENGTH	HIIT	CARDIO		
6:00pm - 6:30pm		BOXING		BOXING			
6:25pm - 6:45pm	CARDIO		CARDIO				