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MON	TUES	WEDS	THURS	FRI	SAT	SUN
				DYNAMIC 6.30AM		
DYNAMIC 7.30AM	DYNAMIC 7.30AM	CHALLENGE 7.30AM	DYNAMIC 7.30AM	CHALLENGE 7.30AM	DYNAMIC 8AM	DYNAMIC 8AM
DYNAMIC 9AM	DYNAMIC 9AM	DYNAMIC (Women Only) 9AM	DYNAMIC 9AM	RECOVERY 9AM	DYNAMIC 9AM	DYNAMIC 9AM
DYNAMIC 10AM	DYNAMIC 10AM	DYNAMIC 10AM	DYNAMIC 10AM	DYNAMIC 10AM	DYNAMIC 10AM	RECOVERY 10AM
		DYNAMIC 12PM			DYNAMIC 11AM	DYNAMIC 11AM
DYNAMIC (Women Only) 1PM		BARRE 1PM		PRE & POST NATAL 1PM		
CHALLENGE 5.30PM	DYNAMIC 5.30PM	DYNAMIC 5.30PM	DYNAMIC 5.30PM	DYNAMIC 5.30PM		
DYNAMIC 6.30PM	DYNAMIC (Women Only) 6.30PM	DYNAMIC 6.30PM	DYNAMIC (Women Only) 6.30PM	DYNAMIC 6.30PM		
CHALLENGE 7.30PM	DYNAMIC 7.30PM	DYNAMIC 7.30PM	RECOVERY 7.30PM			

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MON	TUES	WEDS	THURS	FRI	SAT	SUN
DYNAMIC 7AM	DYNAMIC 7AM	CHALLENGE 7AM	DYNAMIC 7AM	CHALLENGE 7AM		
CHALLENGE 8AM	CHALLENGE 8AM	DYNAMIC 8AM	CHALLENGE 8AM	DYNAMIC 8AM	DYNAMIC 8AM	CHALLENGE 8AM
DYNAMIC 9AM	DYNAMIC 9AM	DYNAMIC 9AM	DYNAMIC 9AM	DYNAMIC 9AM	DYNAMIC 9AM	DYNAMIC 9AM
RECOVERY 10AM	DYNAMIC 10AM	DYNAMIC 10AM	DYNAMIC 10AM	DYNAMIC 10AM	DYNAMIC 10AM	RECOVERY 10AM
DYNAMIC 12PM	DYNAMIC 12PM	PRE & POST NATAL 12PM	DYNAMIC 12PM	DYNAMIC 12PM	DYNAMIC 11AM	DYNAMIC 11AM
DYNAMIC 1PM		RECOVERY 1PM		DYNAMIC 1PM	CHALLENGE 12PM	DYNAMIC 12PM
				DYNAMIC 4.30PM		
DYNAMIC 5.30PM	CHALLENGE 5.30PM	DYNAMIC 5.30PM	DYNAMIC 5.30PM	DYNAMIC 5.30PM		
DYNAMIC 6.30PM	DYNAMIC 6.30PM	DYNAMIC 6.30PM	DYNAMIC 6.30PM	CHALLENGE 6.30PM		
CHALLENGE 7.30PM	DYNAMIC 7.30PM	DYNAMIC 7.30PM	RECOVERY 7.30PM			