Interactive Virtual Group Fitness Class (30 mins)

Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			
1			2			3			4			5			6			7			
10:30am	Circuit Training	Kris	8:00am	Core and Glutes	Jelena	8:00am	Pilates	Jelena	10:30am	Circuit Training	Kris	7:30am	HIIT/Strong by Zumba	Natalie	8:00am	Pilates	Jelena	8:00am	ніт	Jelena	
12:00pm	Circuit Training	Zero	9:00am	ніт	Jelena	9:00am	Stretching	Jelena	12:00pm	Circuit Training	Zero	10:00am	Zumba	Natalie	9:00am	ніт	Jelena	12:00pm	Pilates	Jelena	
			12:00pm	Strength and Endurance	Long	5:30pm	Core and Glutes	Jelena				12:00pm	Circuit Training	Kris	1:00pm	Core and Glutes	Jelena				
															6:00pm	Stretching	Jelena				
Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			
		8			9			10			11			12		1	13			14	
8:30am	Circuit Training	Kris	12:00pm	Circuit Training	Zero	8:00am	Core and Glutes	Jelena	8:00am	Stretching	Jelena	10:00am	Zumba	Natalie	12:00pm	Circuit Training	Zero	8:00am	Pilates	Jelena	
			5:30pm	HIIT/Strong by Zumba	Natalie	9:00am	Pilates	Jelena	9:00am	ніт	Jelena	11:30am	Circuit Training	Kris				11:00am	Core and Glutes	Jelena	
						12:00pm	ніт	Jelena										12:00pm	Strength and Endurance	Long	
	Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
	1	15		1	16		1	17		1	18		T	19		1	20			21	
8:00am	Pilates	Jelena	7:30am	HIIT/Strong by Zumba	Natalie	10:30am	Circuit Training	Kris	8:00am	Pilates	Jelena	7:30am	ніт	Jelena	12:00pm	Circuit Training	Zero	3:00pm	Zumba	Natalie	
6:00pm	Core and Glutes	Jelena	10:00am	Zumba	Natalie				9:00am	Core and Glutes	Jelena	8:30am	Pilates	Jelena	5:30pm	HIIT/Strong by Zumba	Natalie			L	
			12:00pm	Circuit Training	Zero															L	
			5:30pm	HIIT/Strong by Zumba	Natalie																
	Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
		22	23			24			25			26			27			28			
7:30am	ніт	Jelena	7:30am	Pilates	Jelena	2:30pm	Zumba	Natalie	7:30am	HIIT/Strong by Zumba	Natalie	7:30am	Pilates	Jelena	7:30am	Flex and Relax	Jelena	10:30am	Circuit Training	Kris	
8:30am	Core and Glutes	Jelena	8:30am	Flex and Relax	Jelena				10:30am	Circuit Training	Kris	8:30am	Core and Glutes	Jelena	8:30am	HIIT	Jelena	12:00pm	Circuit Training	Zero	
									5:30pm	HIIT/Strong by Zumba	Natalie							3:00pm	Zumba	Natalie	
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