



	7.30am-8.15am		12pm-12.45pm	1pm-1.45pm		6.30pm-7.15pm	7.30pm-8.15pm
31 AUG 2020 Monday							
1 SEPT 2020 Tuesday	Muscle & Strength		BLT	Hatta Yoga		Flow Yoga	Circuit Training
2 SEPT 2020 Wednesday	Circuit Training		Core Workout	Flow Yoga		Hatta Yoga	Muscle & Strength
3 SEPT 2020 Thursday	BLT		Muscle & Strength	Hatta Yoga		Flow Yoga	BLT
4 SEPT 2020 Friday	Muscle & Strength		Circuit Training	Flow Yoga			Core Workout
7 SEPT 2020 Monday				Flow Yoga		Hatta Yoga	Muscle & Strength
8 SEPT 2020 Tuesday	Muscle & Strength		BLT	Hatta Yoga		Flow Yoga	Circuit Training
9 SEPT 2020 Wednesday	Circuit Training		Core Workout	Flow Yoga		Hatta Yoga	Muscle & Strength
10 SEPT 2020 Thursday	BLT		Muscle & Strength	Hatta Yoga		Flow Yoga	BLT
11 SEPT 2020 Friday	Muscle & Strength		Circuit Training	Flow Yoga			Core Workout
14 SEPT 2020 Monday	Core Workout		Circuit Training	Flow Yoga		Hatta Yoga	Muscle & Strength
15 SEPT 2020 Tuesday	Muscle & Strength		BLT	Hatta Yoga		Flow Yoga	Circuit Training
16 SEPT 2020 Wednesday							
17 SEPT 2020 Thursday	BLT		Muscle & Strength	Hatta Yoga		Flow Yoga	BLT
18 SEPT 2020 Friday	Muscle & Strength		Circuit Training	Flow Yoga			Core Workout
21 SEPT 2020 Monday	Core Workout		Circuit Training	Flow Yoga		Hatta Yoga	Muscle & Strength
22 SEPT 2020 Tuesday	Muscle & Strength		BLT	Hatta Yoga		Flow Yoga	Circuit Training
23 SEPT 2020 Wednesday				Flow Yoga		Hatta Yoga	Core Workout
24 SEPT 2020 Thursday	BLT		Muscle & Strength	Hatta Yoga		Flow Yoga	BLT
25 SEPT 2020 Friday	Muscle & Strength		Circuit Training	Flow Yoga			Core Workout