



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