

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness
	5:30 - 6:15	5:30 - 6:15	5:30 - 6:15	5:30 - 6:15	5:30 - 6:15	7:00- 7:45am
6:00 AM	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness
	6:30 - 7:15	6:30 - 7:15	6:30 - 7:15	6:30 - 7:15	6:30 - 7:15	8:00- 8:45am
7:00 AM	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness
	7:30 - 8:15	7:30 - 8:15	7:30 - 8:15	7:30 - 8:15	7:30 - 8:15	9:00- 9:45am
8:00 AM					Beginner's Fitness	SUNDAY FORTNIGHTLY Body weight workout
					8:30 - 9:15	
9:00 AM	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	8:00- 8:45am
	9:00- 9:45	9:00- 9:45	9:00- 9:45	9:00- 9:45	9:30- 10:15	
10:00 AM	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Stretch & Reset
	10:00- 10:45	10:00- 10:45	10:00- 10:45	10:00- 10:45	10:30- 11:15	
4:30 PM	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	9:00- 9:45am
	4:30- 5:15	4:30- 5:15	4:30- 5:15	4:30- 5:15	4:30- 5:15	
5:30 PM	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	Beginner's Fitness	
	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	