



Phone: (08) 9584 4969
 Email: info@feelgoodfitness.com.au
 Address: 56 Reserve Drive, Mandurah WA 6210

WORKOUT COLOR GUIDE
FULL BODY FIESTA
STRETCH & RESET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta
5:30AM - 6:15AM	5:30AM - 6:15AM	5:30AM - 6:15AM	5:30AM - 6:15AM	5:30AM - 6:15AM	7:00AM - 7:45AM
Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta
6:30AM - 7:15AM	6:30AM - 7:15AM	6:30AM - 7:15AM	6:30AM - 7:15AM	6:30AM - 7:15AM	8:00AM - 8:45AM
Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta
7:30AM - 8:15AM	7:30AM - 8:15AM	7:30AM - 8:15AM	7:30AM - 8:15AM	7:30AM - 8:15AM	9:00AM - 9:45AM
Full Body Fiesta		Full Body Fiesta		Full Body Fiesta	Stretch & Reset Class
8:30AM - 9:15AM		8:30AM - 9:15AM		8:30AM - 9:15AM	9:45AM - 10:30AM
Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	SUNDAY
9:30AM- 10:15AM	9:00AM- 9:45AM	9:30AM- 10:15AM	9:00AM- 9:45AM	9:30AM- 10:15AM	Full Body Fiesta
Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	8:00AM - 8:45AM
10:30AM- 11:15AM	10:00AM- 10:45AM	10:30AM- 11:15AM	10:00AM- 10:45AM	10:30AM- 11:15AM	
Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	
4:30PM- 5:15PM	4:30PM - 5:15PM	4:30PM- 5:15PM	4:30PM - 5:15PM	4:30PM- 5:15PM	
Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	Full Body Fiesta	
5:30PM - 6:15PM	5:30PM - 6:15PM	5:30PM - 6:15PM	5:30PM - 6:15PM	5:30PM - 6:15PM	