

	Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
6.00 am	Weight Loss Boot Camp	Fitness Boot Camp	Weight Loss Boot Camp	Fitness Boot Camp	Weight Loss Boot Camp	
7.30 am	Cardio & ABS	Circuit Training	Cardio & Toning	Weight Circuit	Cardio & ABS	
8.30 am	Weight Circuit	Cardio & ABS	Weight Loss Boot Camp	Kick Boxing	Circuit Training	
9.30 am	Circuit Training	Kick Boxing	Weight Circuit	Cardio & ABS	Cardio & Toning	
12.30 pm	Weight Loss Boot Camp	Circuit Training	Cardio & ABS	Kick Boxing	Weight Circuit	Weight Loss Boot Camp
12.30 pm						Cardio & ABS
1.30 pm	Cardio & Toning	Cardio & Toning	Kick Boxing	Weight Circuit	Weight Loss Boot Camp	Cardio & Toning
1.30 pm						Kick Boxing
5.30 pm	Weight Circuit		Intermediate MuayThai			Outdoor Boot Camp
5.30 pm	Kick Boxing	Cardio & ABS	Circuit Training	Kick Boxing	Intermediate MuayThai	MuayThai
6.30 pm	Beginners MuayThai		Kick Boxing			Kick Boxing
6.30 pm	Weight Loss Boot Camp	Weight Loss Boot Camp	Weight Loss Boot Camp	Advanced MuayThai	Cardio & ABS	Weight Circuit
7.30 pm	Cardio & ABS		Cardio & ABS		Weight Loss Boot Camp	Circuit Training
7.30 pm	Kick Boxing	Weight Circuit	Martial Arts Stretching	Weight Circuit	Kick Boxing	Fitness Boot Camp