

MONTHLY ACTIVITIES

APRIL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00 am - 7.30 am	 BODY BURN FUNCTIONAL TRAINING		 MORNING YOGA		 HIIT		
9.00 am - 9.30 am	 CIRCUIT TRAINING	 FITBALL + AB	 MUAY THAI	 PILATES	 CROSS FIT WORK OUT	 TOTAL BODY STRETCH	 TOTAL BODY BLAST
11.00 am - 11.30 am	 MUAY THAI	 TABATA WORK OUT	 CORE BALANCE	 LOWER BODY	 ACTIVE BRAIN BLAZEPOD	 MUAY THAI	 DYNAMIC YOGA
3.00 pm - 3.30 pm	 AGILITY ACTIVATION	 VINYASA YOGA	 AEROBIC DANCE	 POWER ABS	 LOWER BODY	 KID'S BOXING	 KID'S YOGA
3.30 pm - 4.00 pm	 CROSS FIT WORK OUT		 TOTAL BODY STRETCH	 MUAY THAI	 CIRCUIT TRAINING	 WATER SHAREBALL	 TREASURE IN THE WATER