

MON

TUES

WED

THUR

FRI

SAT



HIIT

Lake Kawana

5:45am

Steph



CORE & BOOTY

Lake Kawana

5:45am

Larissa



RESISTANCE

Lake Kawana

5:45am

Larissa



*SUPRISE

8am

Larissa or Nicole



CORE & BOOTY

Wyanda Park

9:15am

Larissa



RESISTANCE

Wyanda Park

9:15am

Larissa



HIIT

Wyanda Park

9:15am

Larissa



FITNESS

Buddina School

5:45pm

Steph



RESISTANCE

Buddina School

5:45pm

Larissa



HIIT

Buddina School

5:45pm

Larissa