

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am	<b>Yoga</b>	<b>Zoe fit</b>	<b>Yoga</b>	<b>Zoe fit</b>	<b>Zoe fit</b>		
7.15am	<b>Zoe fit</b>	<b>Zoe fit</b>	<b>Cardio</b>	<b>Cardio</b>	<b>Cardio</b>		
9.00am	<b>Yummy mum</b>	<b>Mum &amp; Bub.</b>	<b>Yummy mum</b>	<b>Mum &amp; Bub.</b>	<b>Yummy mum</b>	<b>Zoe fit</b>	
9.45am	<b>Mum &amp; Bub.</b>	<b>Yummy mum</b>	<b>Mum &amp; Bub.</b>	<b>Yummy mum</b>	<b>Mum &amp; Bub.</b>	<b>Cardio</b>	
12.30pm	<b>Zoe fit</b>	<b>Zoe fit</b>	<b>Zoe fit</b>	<b>Zoe fit</b>	<b>Zoe fit</b>		
5.00pm	<b>Zoe fit</b>	<b>Cardio</b>	<b>Zoe fit</b>	<b>Cardio</b>	<b>Zoe fit</b>		
5.45pm	<b>Cardio</b>	<b>Zoe fit</b>	<b>Cardio</b>	<b>Zoe fit</b>			
6.30pm	<b>Zoe fit</b>	<b>Meditation</b>	<b>Zoe fit</b>	<b>Meditation</b>			
7.15pm	<b>Meditation</b>	<b>Yoga</b>	<b>Meditation</b>	<b>Yoga</b>			