



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00 AM	HIIT60	HIIT60	HIIT60	M GROUP CENTERGY	HIIT60		
08:30 AM						HIIT60	
09:00 AM							M GROUP CENTERGY
09:30 AM	M GROUP ACTIVE		HIIT45		SUB30™		
05:15 PM		M GROUP ACTIVE					
05:30 PM	M R30		M R30	HIIT30	HIIT30		
06:05 PM							
06:15 PM	HIIT45		HIIT30	M GROUP ACTIVE			
06:30 PM		M GROUP CENTERGY					
07:05 PM							

