



		12pm-1245pm	1pm-145pm	630pm-715pm	730pm-815pm
3 May 2021 Monday		Circuit Training	Flow Yoga	Muscle & Strength	Hatta Yoga
4 May 2021 Tuesday		BLT	Hatta Yoga	Circuit Training	Flow Yoga
5 May 2021 Wednesday		Core Workout	Flow Yoga	Core Workout	Hatta Yoga
6 May 2021 Thursday		Muscle & Strength	Hatta Yoga	BLT	Flow Yoga
7 May 2021 Friday		Circuit Training	Flow Yoga	Core Workout	BLT
10 May 2021 Monday		Circuit Training	Flow Yoga	Muscle & Strength	Hatta Yoga
11 May 2021 Tuesday		BLT	Hatta Yoga	Circuit Training	Flow Yoga
12 May 2021 Wednesday		Core Workout	Flow Yoga	Core Workout	Hatta Yoga
13 May 2021 Thursday					
14 May 2021 Friday					
17 May 2021 Monday		Circuit Training	Flow Yoga	Hatta Yoga	Muscle & Strength
18 May 2021 Tuesday		BLT	Hatta Yoga	Flow Yoga	Circuit Training
19 May 2021 Wednesday		Core Workout	Flow Yoga	Hatta Yoga	Core Workout
20 May 2021 Thursday		Muscle & Strength	Hatta Yoga	Flow Yoga	BLT
21 May 2021 Friday		Circuit Training	Flow Yoga	BLT	Core Workout
24 May 2021 Monday		Circuit Training	Flow Yoga	Hatta Yoga	Muscle & Strength
25 May 2021 Tuesday		BLT	Hatta Yoga	Flow Yoga	Circuit Training
26 May 2021 Wednesday					
27 May 2021 Thursday		BLT	Hatta Yoga	Flow Yoga	BLT
28 May 2021 Friday		Core Workout	Flow Yoga	BLT	Core Workout
31 May 2021 Monday		Circuit Training	Flow Yoga	Hatta Yoga	Muscle & Strength