

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0515	Beats and Bars + Sweat Sesh	Loaded Limbar	Beats and Bars + Sweat Sesh	Loaded Limbar	Barbell Conditioning		
0600	Beats and Bars + Sweat Sesh	Loaded Limbar	Beats and Bars + Sweat Sesh	Loaded Limbar	Barbell Conditioning		
0645	Beats and Bars + Sweat Sesh	Loaded Limbar	Beats and Bars + Sweat Sesh	Loaded Limbar	Flex and Flow	Loaded Limbar	
0730	Beats and Bars	Loaded Limbar	Beats and Bars	Loaded Limbar	Barbell Conditioning	Loaded Limbar	
0815						Flex and Flow	
0930	Loaded Limbar	Limbar Mum's	Loaded Limbar	Loaded Limbar		Loaded Limbar (09:15am)	
						Yoga (10:05am)	
1600	Beats and Bars + Sweat Sesh	Loaded Limbar	Barbell Conditioning	Loaded Limbar			
1645	Beats and Bars + Sweat Sesh	Loaded Limbar	Flex and Flow	Loaded Limbar			
1730	Beats and Bars + Sweat Sesh	Loaded Limbar	Barbell Conditioning	Loaded Limbar			
1815	Beats and Bars	Loaded Limbar	Barbell Conditioning	Loaded Limbar			

