

# REVITALISE

JANUARY WITH MASLOW'S | GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:15 <i>HIIT 45</i>	08:00 <i>Vinyasa</i>	08:00 <i>Vinyasa</i>	12:00 <i>Legs &amp; Glutes</i>	12:00 <i>Vinyasa Flow Yoga</i>
13:15 <i>Circuits</i>	08:15 <i>TRX</i>	08:15 <i>HIIT 45</i>	13:15 <i>TRX</i>	13:00 <i>Core Focused Yoga</i>
18:00 <i>Legs &amp; Glutes</i>	12:15 <i>Upper Body Conditioning</i>	09:00 <i>Legs &amp; Glutes</i>	13:30 <i>Slow Flow &amp; Yin</i>	
	13:00 <i>Vinyasa Flow Yoga</i>	12:00 <i>Yoga</i>	16:00 <i>Core Focused Yoga</i>	
	14:00 <i>HIIT 45</i>	12:15 <i>Legs &amp; Glutes</i>	17:00 <i>Legs &amp; Glutes</i>	
	17:00 <i>Legs &amp; Glutes</i>	13:00 <i>Barre</i>	18:00 <i>HIIT 45</i>	
	17:30 <i>Slow Flow &amp; Yin</i>	13:15 <i>Boot Camp</i>	18:30 <i>Vinyasa Flow Yoga</i>	
		13:30 <i>Run Club</i>		
		17:00 <i>TRX</i>		
		17:30 <i>Core Focused Yoga</i>		

