



FREESOL SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5.15am	BODYFLOW™	HOT YOGA	BODYFLOW™	HOT PILATES	HOT BODYFLOW™	6.15am	VIRTUAL BODYFLOW™ 60	
6.30am	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	7.00am		VIRTUAL BODYFLOW™ 60
7.45am	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	7.30am	HOT YOGA	
9.15am	BODYFLOW™	HOT YOGA	BODYFLOW™	HOT YOGA	BODYFLOW™	8.30am	MEDITATION	VIRTUAL BODYFLOW™ 60
10.15am	MEDITATION		MEDITATION		MEDITATION	9.00am	BODYFLOW™	
10.30AM		VIRTUAL BODYFLOW™ 60		VIRTUAL BODYFLOW™ 60		10.15am	VIRTUAL BODYFLOW™ 60	BODYFLOW™
10.45am	VIRTUAL BODYFLOW™ 60		VIRTUAL BODYFLOW™ 60		VIRTUAL BODYFLOW™ 60	10.45am		
						11.15am		MEDITATION
12.15pm	BODYFLOW™	VIRTUAL BODYFLOW™ 60	PILATES	VIRTUAL BODYFLOW™ 60	BODYFLOW™	12.45PM	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60
2.15pm	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	2.00pm	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60
3.30PM	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	3.15PM	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60
4.30pm	MEDITATION	BODYFLOW™		VIRTUAL BODYFLOW™ 60	MEDITATION	4.30PM	VIRTUAL BODYFLOW™ 60	HOT BODYFLOW™
5.00pm	BODYFLOW™		BODYFLOW™		BODYFLOW™	5.30PM		MEDITATION
5.45pm		HOT PILATES		BODYFLOW™		5.45PM	VIRTUAL BODYFLOW™ 60	
6.15pm	HOT YOGA		HOT YOGA		VIRTUAL BODYFLOW™ 60	6.15PM		VIRTUAL BODYFLOW™ 60
6.45pm		MEDITATION		MEDITATION		7.00PM	VIRTUAL BODYFLOW™ 60	
7.30pm	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60			
8.30pm	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60	VIRTUAL BODYFLOW™ 60			