

Miss Motivator Womens Workouts Studio Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.50 AM	Circuit PLUS	Total Body	Circuit PLUS	Abs, Butts, Thighs	Functionally Fit	
5:50 AM	Motivate Me Strength *	Motivate Me Outdoor *	Motivate Me Strength *	Motivate Me Outdoor *		
7:00 AM		Functionally Fit 30		Functionally Fit 30		
8:00 AM	Circuit PLUS	Walk It Out	Circuit PLUS	Circuit PLUS	Circuit PLUS	
8:15 AM						Functionally Fit Circuit 30
9:00 AM	9:15 - Circuit PLUS		9:15 - Circuit PLUS		Motivate Me Strength *	Zumba
9:30 AM	Motivate Me Strength *		Motivate Me Mums Outdoor *			
10:00 AM				Golden Girls	Motivate Me Mums *	
11:00 AM	Motivate Me Mums *	ONERO™				
12:00PM	ONERO™			ONERO™		
1:00 PM				ONERO™		
4:15 PM		Abs, Butts, Thighs	Total Body	Motivate Me Strength *		
5:15 PM	Boxing	Yoga*		Mat Pilates *		
6:15 PM	Zumba					

* Requires booking

STUDIO located at 2 Blackbutt Road

OUTDOOR sessions at Town Beach

