

# 30 DAY CHALLENGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<a href="#">Pilates back workout</a> 12-12.30pm <a href="#">Stronger together</a> 1-2pm <a href="#">Monday movement</a> 4.30-5.30pm <a href="#">Workout with Shelagh</a> 5-5.45pm	<a href="#">Breakfast Yoga</a> 830-9.30am <a href="#">Abs, Bums &amp; Back Blast</a> 2-2.30pm <a href="#">Yoga Society</a> 5.30pm-6.30pm <a href="#">Zumba with Helen</a> 6-6.30pm	<a href="#">Wednesday Workout</a> 7.15-8am Team Challenge 12pm <a href="#">Pilates in Mandarin</a> 7pm-8pm	<a href="#">Resistance bands workout</a> 12.30-1.30pm <a href="#">Athletic Pilates</a> 4.30-5.15pm <a href="#">Yoga Society</a> 5.30pm-6.30pm	<a href="#">Physio with Jamie</a> 9.30-10.30am <a href="#">Friday Flex</a> 12-12.30pm <a href="#">HIIT with Matt</a> 2pm-3pm <a href="#">Workout with Shelagh</a> 5-5.45pm	<a href="#">Weekend Yoga</a> 9am-10am 15,000 step challenge Run, Walk, Cycle	<a href="#">Weekend Yoga</a> 10.30-11.30am 15,000 step challenge Run, Walk, Cycle
<a href="#">Pilates back workout</a> 12-12.30pm <a href="#">Stronger together</a> 1-2pm <a href="#">Monday movement</a> 4.30-5.30pm <a href="#">Workout with Shelagh</a> 5-5.45pm	<a href="#">Breakfast Yoga</a> 830-9.30am <a href="#">Abs, Bums &amp; Back Blast</a> 2-2.30pm <a href="#">Yoga Society</a> 5.30pm-6.30pm <a href="#">Zumba with Helen</a> 6-6.30pm	<a href="#">Wednesday Workout</a> 7.15-8am Team Challenge 12pm <a href="#">Pilates in Mandarin</a> 7pm-8pm	<a href="#">Resistance bands workout</a> 12.30-1.30pm <a href="#">Athletic Pilates</a> 4.30-5.15pm <a href="#">Yoga Society</a> 5.30pm-6.30pm	<a href="#">Physio with Jamie</a> 9.30-10.30am <a href="#">Friday Flex</a> 12-12.30pm <a href="#">HIIT with Matt</a> 2pm-3pm <a href="#">Workout with Shelagh</a> 5-5.45pm	<a href="#">Weekend Yoga</a> 9am-10am 15,000 step challenge Run, Walk, Cycle	<a href="#">Weekend Yoga</a> 10.30-11.30am 15,000 step challenge Run, Walk, Cycle
<a href="#">Pilates back workout</a> 12-12.30pm <a href="#">Stronger together</a> 1-2pm <a href="#">Monday movement</a> 4.30-5.30pm <a href="#">Workout with Shelagh</a> 5-5.45pm	<a href="#">Breakfast Yoga</a> 830-9.30am <a href="#">Abs, Bums &amp; Back Blast</a> 2-2.30pm <a href="#">Yoga Society</a> 5.30pm-6.30pm <a href="#">Zumba with Helen</a> 6-6.30pm	<a href="#">Wednesday Workout</a> 7.15-8am Team Challenge 12pm <a href="#">Pilates in Mandarin</a> 7pm-8pm	<a href="#">Resistance bands workout</a> 12.30-1.30pm <a href="#">Athletic Pilates</a> 4.30-5.15pm <a href="#">Yoga Society</a> 5.30pm-6.30pm	<a href="#">Physio with Jamie</a> 9.30-10.30am <a href="#">Friday Flex</a> 12-12.30pm <a href="#">HIIT with Matt</a> 2pm-3pm <a href="#">Workout with Shelagh</a> 5-5.45pm	<a href="#">Weekend Yoga</a> 9am-10am 15,000 step challenge Run, Walk, Cycle	<a href="#">Weekend Yoga</a> 10.30-11.30am 15,000 step challenge Run, Walk, Cycle
<a href="#">Pilates back workout</a> 12-12.30pm <a href="#">Stronger together</a> 1-2pm <a href="#">Monday movement</a> 4.30-5.30pm <a href="#">Workout with Shelagh</a> 5-5.45pm	<a href="#">Breakfast Yoga</a> 830-9.30am <a href="#">Abs, Bums &amp; Back Blast</a> 2-2.30pm <a href="#">Yoga Society</a> 5.30pm-6.30pm <a href="#">Zumba with Helen</a> 6-6.30pm	<a href="#">Wednesday Workout</a> 7.15-8am Team Challenge 12pm <a href="#">Pilates in Mandarin</a> 7pm-8pm	<a href="#">Resistance bands workout</a> 12.30-1.30pm <a href="#">Athletic Pilates</a> 4.30-5.15pm <a href="#">Yoga Society</a> 5.30pm-6.30pm	<a href="#">Physio with Jamie</a> 9.30-10.30am <a href="#">Friday Flex</a> 12-12.30pm <a href="#">HIIT with Matt</a> 2pm-3pm <a href="#">Workout with Shelagh</a> 5-5.45pm	<a href="#">Weekend Yoga</a> 9am-10am 15,000 step challenge Run, Walk, Cycle	<a href="#">Weekend Yoga</a> 10.30-11.30am 15,000 step challenge Run, Walk, Cycle
<a href="#">Pilates back workout</a> 12-12.30pm <a href="#">Stronger together</a> 1-2pm <a href="#">Monday movement</a> 4.30-5.30pm <a href="#">Workout with Shelagh</a> 5-5.45pm	<a href="#">Breakfast Yoga</a> 830-9.30am <a href="#">Abs, Bums &amp; Back Blast</a> 2-2.30pm <a href="#">Yoga Society</a> 5.30pm-6.30pm <a href="#">Zumba with Helen</a> 6-6.30pm	<a href="#">Wednesday Workout</a> 7.15-8am Team Challenge 12pm <a href="#">Pilates in Mandarin</a> 7pm-8pm	<a href="#">Resistance bands workout</a> 12.30-1.30pm <a href="#">Athletic Pilates</a> 4.30-5.15pm <a href="#">Yoga Society</a> 5.30pm-6.30pm	<a href="#">Physio with Jamie</a> 9.30-10.30am <a href="#">Friday Flex</a> 12-12.30pm <a href="#">HIIT with Matt</a> 2pm-3pm <a href="#">Workout with Shelagh</a> 5-5.45pm	<a href="#">Weekend Yoga</a> 9am-10am 15,000 step challenge Run, Walk, Cycle	<a href="#">Weekend Yoga</a> 10.30-11.30am 15,000 step challenge Run, Walk, Cycle