

# 30 DAY CHALLENGE

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