

	AM	PM
MONDAY	<p>10.00am BRIO BURN with Donna FACEBOOK LIVE</p>	<p>6.00pm HIITSTEP with Robb</p>
TUESDAY	<p>7.30am BODYCOMBAT with Robb</p>	<p>6.00pm KETTLEBELL WORKOUT with Cheryl</p>
WEDNESDAY	<p>7.30am PILATES with Gemma</p>	<p>5.30pm HIITSTEP with Holly FACEBOOK LIVE</p>
THURSDAY	<p>7.30am STRENGTH AND STRETCH with Donna</p>	<p>6.00pm BODYCOMBAT with Mica FACEBOOK LIVE</p>
FRIDAY	<p>7.30am LBT with Alison</p>	<p>6.00pm PILATES with Dora</p>
SATURDAY	<p>7.30am BODYPUMP with Ceri</p>	<p>6.00pm BODYBALANCE with Tomoko</p>
SUNDAY	<p>7.30am CORE WORKOUT with Daniela</p>	<p>5.00pm BODYATTACK with Tomoko FACEBOOK LIVE</p>

Unless stated otherwise, our AM workouts air at 7.30am and PM sessions start at 6pm. Don't worry if you can't make these times, the videos are available anytime in our Facebook video library and on our YouTube at youtube.com/brioleisure

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