

	AM	PM
MONDAY	<p><b>10.00am</b> <b>PILATES</b> with Dora <b>FACEBOOK LIVE</b></p>	<p><b>6.00pm</b> <b>BRIO BURN CARDIO</b> with CJ</p>
TUESDAY	<p><b>9.30am</b> <b>RESISTANCE BAND WORKOUT</b> with Melanie <b>FACEBOOK LIVE</b></p>	<p><b>6.00pm</b> <b>BODY PUMP</b> with Ceri</p>
WEDNESDAY	<p><b>10.00am</b> <b>KETTLEBELL WORKOUT</b> with Carla <b>FACEBOOK LIVE</b></p>	<p><b>6.00pm</b> <b>TABATA STYLE WORKOUT</b> with Robb</p>
THURSDAY	<p><b>10.00am</b> <b>YOGA FLOW</b> with Urska <b>FACEBOOK LIVE</b></p>	<p><b>6.00pm</b> <b>KETTLEBELL WORKOUT</b> with Daniella</p>
FRIDAY	<p><b>10.00am</b> <b>PILATES</b> with Donna <b>FACEBOOK LIVE</b></p>	<p><b>6.00pm</b> <b>HIITSTEP</b> with Robb</p>
SATURDAY	<p><b>10.00am</b> <b>HIIT WORKOUT</b> with Daniella <b>FACEBOOK LIVE</b></p>	<p><b>6.00pm</b> <b>BODYCOMBAT</b> with Robb</p>
SUNDAY	<p><b>10.00am</b> <b>TRIPLE CHALLENGE</b> with Vicky <b>FACEBOOK LIVE</b></p>	<p><b>6.00pm</b> <b>YIN YOGA</b> with Lucy</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](https://youtube.com/brioleisure)

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