

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.15 am	HIIT Up	Lift	Hybrid	Lift	HIIT Up	
6.00 am	Pilates	Pilates	Pilates	Pilates	Pilates	
6.00 am	HIIT Up	Lift	Hybrid	Lift	HIIT Up	
7.00 am	Pilates	Pilates	Pilates	Pilates	Pilates	Hybrid
8.00 am		Pilates				Hybrid
8.30 am						
9.15 am	HIIT Up	Circuit	Hybrid	Circuit	HIIT Up	
5.00 pm	Pilates			Pilates		
5:45 pm	HIIT Up	Lift	Hybrid	Lift		
6.00 pm						

CLASS
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- MENSTRUATION**
Take it easy, keep moving
Move - restore - low intensity
- OVULATION**
Give it some! Push yourself
Strive - get sweaty - med/high int
- FOLLICULAR**
Energy is rising - utilise it
Lift - anaerobic - med/high int
- LUTEAL**
Maintain muscle & energy
Cruise - low/med intensity

- HIIT UP**
Bodyweight // HIIT // Functional // Core
- LIFT**
Barbells // Dumbbells // KB's // Plates
- HYBRID**
Lift // Strength // HIIT // Functional

- CIRCUIT**
Pin loaded // Cardio // Functional // HIIT
- PILATES**
Core // Control // Flow // Mobility
- REFORM**
Posture // Release // Mobility // Stretch

Please appreciate these are suggestions

LOWER IMPACT SPECIFIC/ OVER 50'S SCHEDULE

These classes are specifically designed for those of you who want/require a lower impact class that combines all of the elements required for healthy ageing

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STRENGTH FOR LIFE (GROUP 1) 7.30-8.00AM		STRENGTH FOR LIFE (GROUP 1) 7.30-8.00AM		STRENGTH FOR LIFE (GROUP 1) 7.30-8.00AM
STRENGTH FOR LIFE (GROUP 2) 8.00-8.30AM	PILATES MATWORK (LOW IMPACT/ OVER 50'S) 8.00-8.45AM	STRENGTH FOR LIFE (GROUP 2) 8.00-8.30AM		STRENGTH FOR LIFE (GROUP 2) 8.00-8.30
STRENGTH FOR LIFE (GROUP 3) 8.30-9.00AM		STRENGTH FOR LIFE (GROUP 3) 8.30-9.00AM		STRENGTH FOR LIFE (GROUP 3) 8.30-9.00

CLASS

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