

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30 am	HIIT UP	LIFT	HYBRID	LIFT	HIIT UP	
6.00 am	PILATES	PILATES	PILATES	PILATES	PILATES	
6.15 am	HIIT UP	LIFT	HYBRID	LIFT	HIIT UP	
7.00 am	PILATES	PILATES	PILATES	PILATES	PILATES	HYBRID
8.00 am		PILATES				
8.30 am						HYBRID
9.15 am	HIIT UP	CIRCUIT	HYBRID	CIRCUIT	HIIT UP	
5.00 pm		PILATES	REFORM	PILATES		
5:45 pm	HIIT UP	LIFT	HYBRID	LIFT		
6.00 pm			REFORM			

CLASS BOOKING APP
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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

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