

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30 am	<b>HIIT UP</b> Dylan	<b>LIFT</b> Ben	<b>HYBRID</b> Ash	<b>LIFT</b> Dylan	<b>HIIT UP</b> Ash	
6.00 am	<b>PILATES</b> Luisi	<b>PILATES</b> Kristy	<b>PILATES</b> Luisi	<b>PILATES</b> Kristy	<b>PILATES</b> Jess	
6.15 am	<b>HIIT UP</b> Ben	<b>LIFT</b> Ben	<b>HYBRID</b> Ben	<b>LIFT</b> Dylan	<b>HIIT UP</b> Ash	
7.00 am	<b>PILATES</b> Luisi	<b>PILATES</b> Kristy	<b>PILATES</b> Luisi	<b>PILATES</b> Kristy	<b>PILATES</b> Jess	<b>HYBRID</b> Ben
8.00 am		<b>PILATES</b> Kristy	<b>PILATES</b> Luisi			
8.30 am						<b>HYBRID</b> Ben
9.15 am	<b>HIIT UP</b> Dylan	<b>CIRCUIT</b> Ben	<b>HYBRID</b> Ben	<b>CIRCUIT</b> Ben	<b>HIIT UP</b> Stacey	
5.00 pm		<b>PILATES</b> Kristy	<b>PILATES</b> Luisi	<b>PILATES</b> Kristy		
5:45 pm	<b>HIIT UP</b> Ash	<b>LIFT</b> Ben	<b>HYBRID</b> Ash	<b>LIFT</b> Ben		
6.00 pm		<b>PILATES</b> Kristy		<b>PILATES</b> Kristy		

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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

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 amazing elements

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>STRENGTH FOR LIFE (GROUP 1)</b> 7.45-8.15AM		<b>STRENGTH FOR LIFE (GROUP 1)</b> 7.45-8.15AM		<b>STRENGTH FOR LIFE (GROUP 1)</b> 7.45-8.15AM
<b>STRENGTH FOR LIFE (GROUP 2)</b> 8.15-8.45AM	<b>PILATES MATWORK (LOW IMPACT/ OVER 50'S)</b> 8.00-8.45AM	<b>STRENGTH FOR LIFE (GROUP 2)</b> 8.15-8.45AM		<b>STRENGTH FOR LIFE (GROUP 2)</b> 8.15-8.45AM
<b>STRENGTH FOR LIFE (GROUP 3)</b> 8.45-9.15AM		<b>STRENGTH FOR LIFE (GROUP 3)</b> 8.45-9.15AM		<b>STRENGTH FOR LIFE (GROUP 3)</b> 8.45-9.15AM

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