

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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5.30 am

**HIIT UP**  
Dylan

**LIFT**  
Ben

**HYBRID**  
Ash

**LIFT**  
Dylan

**HIIT UP**  
Ben

6.00 am

**PILATES**  
Hollie

**PILATES**  
Kristy

**PILATES**  
Jess

**PILATES**  
Kristy

**PILATES**  
Jess

6.15 am

**HIIT UP**  
Ash

**LIFT**  
Ben

**HYBRID**  
Ash

**LIFT**  
Dylan

**HIIT UP**  
Ben

7.00 am

**PILATES**  
Hollie

**PILATES**  
Kristy

**PILATES**  
Jess

**PILATES**  
Kristy

**PILATES**  
Jess

**HYBRID**  
Ben / Ash / Dyl

8.00 am

**PILATES**  
Kristy

8.30 am

**HYBRID**  
Ben / Ash / Dyl

9.15 am

**HIIT UP**  
Dylan

**CIRCUIT**  
Stacey

**HYBRID**  
Ben

**CIRCUIT**  
Ben

**HIIT UP**  
Stacey

5.00 pm

**PILATES**  
Kristy

**PILATES**  
Kristy

5:45 pm

**HIIT UP**  
Ash

**LIFT**  
Ben

**HYBRID**  
Chris

**LIFT**  
Ben

6.00 pm

**PILATES**  
Kristy

**PILATES**  
Kristy

**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

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

## CLASS

### BOOKING APP

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