

	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		PILATES	REFORM	PILATES		

**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

## MONDAY

**STRENGTH  
FOR LIFE  
(GROUP 1)**  
7.30-8.00AM

**STRENGTH  
FOR LIFE  
(GROUP 2)**  
8.00-8.30AM

**STRENGTH  
FOR LIFE  
(GROUP 3)**  
8.30-9.00AM

## TUESDAY

**PILATES  
MATWORK  
(LOW  
IMPACT/  
OVER 50'S)**  
8.00-8.45AM

## WEDNESDAY

**STRENGTH  
FOR LIFE  
(GROUP 1)**  
7.30-8.00AM

**STRENGTH  
FOR LIFE  
(GROUP 2)**  
8.00-8.30AM

**STRENGTH  
FOR LIFE  
(GROUP 3)**  
8.30-9.00AM

## THURSDAY

## FRIDAY

**STRENGTH  
FOR LIFE  
(GROUP 1)**  
7.30-8.00AM

**STRENGTH  
FOR LIFE  
(GROUP 2)**  
8.00-8.30

**STRENGTH  
FOR LIFE  
(GROUP 3)**  
8.30-9.00

### CLASS

### BOOKING APP

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OVER THE QR CODE BELOW  
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