

SESSION TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am - 5:30am	HYBRID	STRENGTH	HYBRID	STRENGTH	HYBRID		
5:30am - 6:00am	HYBRID		HYBRID		HYBRID		
6:00am - 6:30am	HYBRID	STRENGTH	HYBRID	STRENGTH	HYBRID		
6:30am - 7:00am	HYBRID	STRENGTH	HYBRID	STRENGTH	HYBRID		
7:00am - 7:30am	HYBRID		HYBRID		HYBRID		
7:30am - 8:00am						BOOTCAMP	STRENGTH
8:00am - 8:30am		FIT OVER 50		FIT OVER 50			CORE
8:30am - 9:00am						BOOTCAMP	STRENGTH
9:00am - 9:30am	CORE	CORE	CORE	CORE	CORE		
9:30am - 10:00am	HYBRID	STRENGTH	HYBRID	STRENGTH	HYBRID		
3:30pm - 4:00pm	CORE	CORE	CORE	CORE	CORE		
4:00pm - 4.30pm	STRENGTH	HYBRID	STRENGTH	HYBRID	STRENGTH		
4:30pm - 5:00pm		HYBRID		HYBRID			
5:00pm - 5:30pm	STRENGTH		STRENGTH		STRENGTH		
5:30pm - 6:00pm	MOBILITY	HYBRID	MOBILITY	HYBRID			
6:00pm - 6:30pm	STRENGTH		STRENGTH				
6:30pm - 7:00pm							

HYBRID

(30 mins)

A combination of exercises covering the full body using resistance and cardio training for all fitness levels.

STRENGTH

(45 mins)

Monday, Tuesday - Lower body  
Wednesday, Thursday - Upper body  
Friday & Sunday - Total body

CORE

(15 mins)

Focus on strengthening and building endurance in the abdominal area and lower back.

MOBILITY

(15 mins)

Improve flexibility through the joints with dynamic and active exercises.

BOOTCAMP

(45 mins)

Challenging group workout for all fitness levels