

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

**FIT OVER 50**

(45 mins)

Strength focused sessions for over 50s, improving coordination, balance & mobility.  
Tuesday - Lower Body  
Thursday - Upper Body

**BOOTCAMP**

(45 mins)

Challenging group workout for all fitness levels