

JUNE

	MON	TUE	WED	THU	FRI	SAT	SUN
			1st June 7.30am LIVE  Lower Body Conditioning - Talilla	6.00am Lower Body Skills Workshop - Wes	7.30am LIVE 30 min Conditioning - Talilla	6.00am  Full Body Strength + Stretch - LJ	7.00am 20 min Stretch + Soothe: Total Body Stretch - Emily
6th 7.30am LIVE	Full Body Blast - Talilla	7.30am LIVE  30/15 Upper Body Strength + Abs - Fontaine	7.30am LIVE  Build: Lower Body Strength - Talilla	6.00am  30 min Pilates Light Weight Flow - Korin	6.00am 30 min Tabata - Talilla	8.00am LIVE  Glutes focus: Strength + Stretch - Talilla	Rest
13th 6.00am	Full Body Box HIIT - LJ	7.30am LIVE  Upper Body Yoga Flow + Strengthen - Emily	7.30am LIVE  Build: Lower Body Strength - Fontaine	6.00am  Advanced Hypertrophy - Wes	6.00am 30 min Cardio Aerobics - Becksy	6.00am  Glutes Focus: Strength & Stretch - LJ	7.00am 20 min Stretch + Soothe: Neck + Back - Emily
20th 7.30am LIVE	Full Body HIIT - Talilla	7.30am LIVE  30 min Booty Body Pump - Becksy	6.00am  30/15 Lower Body Strength + Mobility - Talilla	6.00am Upper Body Skills Workshop - LJ	7.30am LIVE  30 min Cardio - Talilla	6.00am  Full Body Strength EMOM + Stretch - Talilla	7.00am Yin Yoga Flow + relaxation - Emily
27th 7.30am LIVE	Full Body Sweat - Talilla	7.30am LIVE  Sculpt: Upper Body Strength - Talilla	7.30am LIVE  Lower Body Conditioning - Talilla	6.00am  Pilates Slide + Glide - Korin			

WORKOUTS
All sessions are approx 45 mins, unless stated. Saturday S+S is 60 mins.

Weights recommended



Instagram / Facebook Live

