

# NOV

	MON	TUE	WED	THU	FRI	SAT	SUN
	6.00am <b>Beginner Friendly</b> Full Body No-Jumping HIIT - Talilla	6.00am Lower Body Strength - LJ	1st 6.00am Upper Body Strength - LJ	6.00am 35 min Barre To The Beat - Becksy	6.00am 30 min Friday Cardio Club - Talilla	6.00am Full Body Strength + Stretch - Fontaine	REST
	6th 6.00am Full Body AMRAP - LJ	6.00am Upper Body Strength - Talilla	6.30am <b>LIVE</b> Lower Body Strength - LJ	6.00am 35 min Conditioning (1 weight) - Talilla	6.30am <b>LIVE</b> 30 min Booty Burn + Cardio - Becksy	6.00am Full Body Hypertrophy + Stretch - Wes	7.00am 15 min Energising Flow + Release - Becksy
<b>#THRIVE challenge</b>	13th 7.30am <b>LIVE</b> No-repeat HIIT + Ab challenge - Talilla	7.30am <b>LIVE</b> Lower Body + Booty Burner - Talilla	7.30am <b>LIVE</b> Upper Body + Core Blast - Talilla	7.30am <b>LIVE</b> Full Body Pilates Flow - Talilla	7.30am <b>LIVE</b> Cardio Sculpt - Talilla	7.30am <b>LIVE</b> 500 Rep Challenge - Talilla	7.30am <b>LIVE</b> Soothing Stretch + Mobility - Talilla
	20th 6.00am Total Body Sweat + Abs - Becksy	6.00am Upper Body Strength - Talilla	6.00am Lower Body Strength - LJ	6.00am 35 min Booty Bands + Barre - Becksy	6.00am 30 min Friday Cardio Club - Talilla	7.30am <b>LIVE</b> Full Body Strength + Stretch - Fontaine	7.00am 15 min Gentle Flow + Stretch - Talilla
	27th 6.00am 500 Rep Challenge - Talilla	6.30am <b>LIVE</b> Lower Body Strength - Fontaine	6.30am <b>LIVE</b> Upper Body Strength - LJ	6.00am <b>The PT Series:</b> Advanced Strength + Conditioning - Wes + Talilla			

## #THRIVE challenge

All sessions are 35 min  
All bodyweight except  
Thursday!

Weights recommended

Instagram live

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