



	MON	TUE	WED	THU	FRI	SAT	SUN
					1st 6.00am 30 min Cardio - Talilla	6.00am Full Body Strength + Stretch - Talilla	REST
4th 6.00am	<b>Beginner Friendly</b> Full Body Sweat - Talilla	6.30am <b>LIVE</b> Upper Body Strength - LJ 6.00pm Christmas Party Sweat + Chat	6.00am Lower Body Strength - Fontaine	6.00am 35 min Conditioning (1 weight) - Talilla	6.00am <b>LIVE</b> 30 min Barre Blast - Becksy	6.00am Advanced Strength Conditioning + Stretch - Wes	REST
11th 6.00am	Total Body Tabata - LJ	6.00am Lower Body Strength - Talilla	6.30am <b>LIVE</b> Upper Body Strength - LJ	6.00am <b>LIVE</b> 35 min Booty Bands - Becksy	6.00am 30 min Bodyweight Cardio - Fontaine	6.00am Full Body Strength + Stretch - Talilla	REST
18th 6.00am	No - Repeat HIIT - Talilla	6.00am Upper Body Strength - Talilla	6.00am Lower Body Strength - Fontaine	6.00am <b>The PT Series:</b> Upper Body Hypertrophy - Wes + Talilla	7.30am 30 min Christmas Friday Club Sweat - Talilla	6.00am 35 min Full Body Strength - LJ	REST
25th	<b>CHRISTMAS DAY</b>	6.00am 30 min Boxing Day Blast - Talilla	6.00am 35 min Lower Body Strength (1 weight) - LJ	6.00am 35 min Upper Body Strength (1 weight) - Talilla	6.00am 30 min Cardio Dance Party - Becksy	6.00am Last workout of the Year! 45 min Sweat - Talilla	<b>LET'S CELEBRATE</b> NEW YEARS EVE

Unless specified, all sessions are at 6.00am GMT  
sessions are approx 45 mins, unless stated. Saturday S+S is 60 mins.

Weights recommended  
 Instagram live