

# FEB

	MON	TUE	WED	THU	FRI	SAT	SUN
--	-----	-----	-----	-----	-----	-----	-----

DELOAD 29th - 4th Feb	29th			<b>DELOAD</b> 6.00am <b>Sculpt</b> Full Body Barre Sculpt 20min -Becksy	<b>DELOAD</b> 6.00am <b>Burn</b> Full Body re-test challenge 20min - Talilla	<b>DELOAD</b> 6.00am <b>Strength + Balance</b> Full Body + stretch 30min  Fontaine	<b>Rest</b>
-----------------------------	------	--	--	---	--	---	-------------

LEVEL UP Weeks 5-7 5th - 25th	5th	6.00am <b>Strength:</b> Lower Body 45 min  - LJ	<b>Rest</b> 8.00am <b>Downregulation workshop: how to rest, recover + get better results</b> -Dr Bella	6.00am <b>Strength + Balance:</b> Upper Body + Abs 45 min -Wes	6.00am <b>LIVE</b> <b>Burn:</b> Dance Cardio 30 min -Becksy	6.00am <b>Sculpt + Balance:</b> Pilates Flow + Stretch 40 min  - Talilla	<b>Rest</b>
-------------------------------------	-----	--	--	---	---	---	-------------

Requires weights Light weights optional	12th	6.00am <b>Strength:</b> Lower Body + Booty Burn 45 min  - Talilla	<b>Rest</b>	6.00am <b>LIVE</b> <b>Strength + Balance:</b> Upper Body + Deep Core 45 min -LJ	7.30am <b>LIVE</b> <b>Burn:</b> Full Body HIIT 30 min -Talilla	6.00am <b>Sculpt + Balance:</b> Full body Barre Builder + Stretch 40 min  -Becksy	<b>Rest</b>
--	------	---	-------------	--	--	---	-------------

	19th	6.00am <b>Strength:</b> Lower Body Builder 45 min  -Fontaine	6.00am <b>Sculpt + Balance:</b> Full Body Pilates + Core 40 min - Talilla	6.00am <b>Strength + Balance:</b> Upper Body Builder 45 min -LJ	6.00am <b>LIVE</b> <b>Burn:</b> Non-stop cardio 30 min - Becksy	6.00am <b>Strength + Balance:</b> Full Body PT Series 45 min  -Wes + T	<b>Rest</b>
--	------	--	---	---	---	---	-------------

DELOAD 26th - 3rd March	26th	6.00am <b>DELOAD</b> <b>Strength:</b> Upper Body + Abs 30min  - Talilla ..... <b>LIVE</b> 6.00pm <b>Downregulation Zoom:</b> <b>Harnessing your stress + Q&amp;A</b> -Dr Bella + T	<b>DELOAD</b> <b>Rest</b>	6.00am <b>DELOAD</b> <b>Sculpt</b> Pilates Style Booty + Core 20min -Becksy	6.00am <b>DELOAD</b> <b>Burn</b> Full Body re-test challenge 20min - Talilla	6.00am <b>DELOAD</b> <b>Strength + Balance</b> Full Body + stretch 30min  -LJ	<b>Rest</b>
-------------------------------	------	---	------------------------------	--	---	---	-------------

	29th			<b>DELOAD</b> 6.00am <b>Sculpt</b> Full Body Barre Sculpt 20min -Becksy	<b>DELOAD</b> 6.00am <b>Burn</b> Full Body re-test challenge 20min - Talilla	<b>DELOAD</b> 6.00am <b>Strength + Balance</b> Full Body + stretch 30min  Fontaine	<b>Rest</b>
--	------	--	--	---	--	---	-------------