









APR

 Requires weights
 Light weights optional

Monday Burn:
Expect 30 mins of HIIT and 10 mins of abs!

 Check out [Talilla's Instagram](#) this week for bonus mini-workouts Tues - Sat!

#THRIVE challenge
 All sessions are 30 min with Talilla.
 All bodyweight except Tuesday, Thursday and Sunday where you'll need 1 weight (optional)!

	MON	TUE	WED	THU	FRI	SAT	SUN
1st	6.00am Burn Full Body Blast + Core 45min - Talilla	6.00am Strength: Lower Body 45min  -LJ	6.00am Sculpt + Balance: Barre To The Beat 40min  -Becksy	LIVE 7.30am Strength: Upper Body Builder 45 min  -LJ	LIVE 7.30am Burn Full Body Cardio 30min - Talilla	6.00am Strength+ Balance Full Body + stretch 60min  Fontaine	6.00am Throwback Balance Soothing Stretch + Mobility 40min - Talilla
8th	LIVE 7.30am Burn Total Body Sweat + Abs 45min - Talilla	6.00am The PT Series Strength: Lower Body + booty 45min  -Wes + TJ	6.00am Sculpt + Balance: Full Body Pilates + Core 40min - Talilla	LIVE 7.30am Strength Upper Body 45min  -LJ	6.00am Burn Cardio Dance Party 30min -Becksy	6.00am Strength+ Balance Full Body + stretch 60min  -LJ	6.00am Balance: Dynamic Mobility Flow 20min - Becksy
15th	LIVE 7.30am Burn Full Body Tabata + Abs 45min -LJ	6.00am Strength Lower Body 45min  - Talilla	6.00am Sculpt Total Body Barre 40min  - Becksy	6.00am Strength Upper Body + Abs 45min  -Fontaine	6.00am Burn Friday Cardio Club 30min - Taliilla	6.00am Strength+ Balance Full Body + stretch 60min  -LJ	6.00am Throwback Balance Yin Flow 20min - Emily
22nd	7.15am LIVE Burn: No-repeat HIIT + abs challenge	7.15am LIVE Strength: Lower Body + Booty Burner 	7.15am LIVE Sculpt: Pilates + Core Flow	7.15am LIVE Strength: Upper Body Define 	7.15am LIVE Burn: Cardio Sculpt	7.15am LIVE Balance: Soothing Stretch + Mobility	7.15am LIVE Strength: 700 Rep Challenge 
29th	LIVE 7.30am Burn Low Impact Cardio + Core 45min - Talilla	6.00am Strength Advanced Upper Body 45min  -Wes	6.00am Sculpt + Balance: Booty Bands + Barre 40min - Becksy				