

W N D S

 Requires weights
 Light weights optional

STRENGTH
SPLIT 1
Upper body anterior, lower body unilateral + core
SPLIT 2
Lower body posterior, upper body unilateral + upper accessories

	MON	TUE	WED	THU	FRI	SAT	SUN
						1st 6.00am Strength 1 weight Full Body Conditioning 45min  -LJ	6.00am Throwback Balance Upper Body Stretch + Release 15min - Becksy
3rd 7.15am	LIVE Burn Total Body Cardio + Abs 45min - Talilla	6.00am Strength Split 1: Upper/Lower/Core 45min  -LJ	6.00am Sculpt Full Body Pilates 35min - Talilla	7.15am LIVE Strength Split 2: Lower/Upper/Accs 45min  -LJ	6.00am Burn Intense Cardio 30min - Becksy	6.00am Strength 1 weight Full Body Conditioning 45min  -Wes	6.00am Throwback Balance: Flow + Reset 15min - Talilla
10th 6.00am	Burn Full Body HIIT + Abs 45min - LJ	6.00am Strength Split 1: Upper/Lower/Core 45min  -Talilla	6.00am Sculpt Barre Burn + Bands 40min  - Becksy	7.15am LIVE Strength Split 2: Lower/Upper/Accs 45min  -LJ	 LIVE 7.15am Burn Total Body Sweat 15min - Talilla	6.00am Strength 1 weight Full Body Conditioning 45min  - Talilla	6.00am Throwback Balance Lower Body Mobility + Release 15min - LJ
17th 7.15am	LIVE Burn Total Body Cardio 35min - Talilla	6.00am Strength Split 1: Upper/Lower/Core 45min  -LJ	6.00am Sculpt + Balance Pilates + Abs Flow 35min - Talilla	6.00am Strength Split 2: Lower/Upper/Accs 35min  -Wes	6.30am LIVE Burn Cardio Sculpt 30min - Becksy	6.00am Strength 1 weight Full Body Conditioning 45min  - Talilla	6.00am Throwback Balance Flow + Reset 15min - Talilla
24th 6.00am	Burn Total Body Tabata 35min - Talilla	7.15am LIVE Strength Split 1: Upper/Lower/Core 45min  -Talilla	6.00am Sculpt Full Body Barre Burn 35min  - Becksy	6.00am Strength Split 2: Lower/Upper/Accs 45min  -LJ	6.30am LIVE Burn Cardio To The Beat 30min - Becksy	6.00am Strength 1 weight Full Body Conditioning 45min  - Talilla	6.00am Throwback Balance Yin Yoga + Stretch 20min - Emily