



be active

MONDAY	TUESDAY	WEDNESDAY				
		WEDNESDAI	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Breakfast Yoga 830-9.30am Abs, Bums & Back Blast 2-	Wednesday Workout 7.15-8am	Resistance bands workout 12.30-1.30pm	Physio with Jamie 9.30- 10.30am	Weekend Yoga 9am-10am	Weekend Yoga 10.30-11.30am
	2.30pm <u>roga Society</u> 5.30pm-6.30pm	Team Challenge 12pm	Athletic Pilates 4.30-5.15pm	Friday Flex 12-12.30pm HIIT with Matt 2pm-3pm	15,000 step challenge	15,000 step challenge
5.30pm <u>Z</u> <u>Workout with Shelagh</u> 5- 5.45pm	<u>Cumba with Helen</u> 6-6.30pm	<u>Pilates in Mandarin</u> 7pm-8pm	Yoga Society 5.30pm-6.30pm	Workout with Shelagh 5- 5.45pm	Run, Walk, Cycle	Run, Walk, Cycle
	Breakfast Yoga 830-9.30am Abs, Bums & Back Blast 2-	Wednesday Workout 7.15-8am	Resistance bands workout 12.30-1.30pm	Physio with Jamie 9.30- 10.30am	Weekend Yoga 9am-10am	Weekend Yoga 10.30-11.30am
Stronger together 1-2pm 2	2.30pm /oga Society 5.30pm-6.30pm	Team Challenge 12pm	Athletic Pilates 4.30-5.15pm	Friday Flex 12-12.30pm HIIT with Matt 2pm-3pm	15,000 step challenge	15,000 step challenge
	<u>Numba with Helen</u> 6-6.30pm	Pilates in Mandarin 7pm-8pm	Yoga Society 5.30pm-6.30pm	Workout with Shelagh 5- 5.45pm	Run, Walk, Cycle	Run, Walk, Cycle
	Breakfast Yoga 830-9.30am Abs, Bums & Back Blast 2-	Wednesday Workout 7.15-8am	Resistance bands workout 12.30-1.30pm	Physio with Jamie 9.30- 10.30am	Weekend Yoga 9am-10am	Weekend Yoga 10.30-11.30am
Monday movement 4.30-	2.30pm <u>Yoga Society</u> 5.30pm-6.30pm	Team Challenge 12pm	Athletic Pilates 4.30-5.15pm	Friday Flex 12-12.30pm HIIT with Matt 2pm-3pm Workout with Shelagh 5-	15,000 step challenge Run, Walk, Cycle	15,000 step challenge Run, Walk, Cycle
5.30pm <u>Z</u> <u>Workout with Shelagh</u> 5- 5.45pm	Zumba with Helen 6-6.30pm	<u>Pilates in Mandarin</u> 7pm-8pm	Yoga Society 5.30pm-6.30pm	5.45pm	ruii, waik, Cycle	Kuli, waik, Cycle
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Stronger together 1-2pm 2	2.30pm 2.30pm 2.30pm-6.30pm	Team Challenge 12pm	Athletic Pilates 4.30-5.15pm	Friday Flex 12-12.30pm HIIT with Matt 2pm-3pm	15,000 step challenge	15,000 step challenge
	Zumba with Helen 6-6.30pm	<u>Pilates in Mandarin</u> 7pm-8pm	Yoga Society 5.30pm-6.30pm	Workout with Shelagh 5- 5.45pm	Run, Walk, Cycle	Run, Walk, Cycle
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	Zumba with Helen 6-6.30pm	Pilates in Mandarin 7pm-8pm	Yoga Society 5.30pm-6.30pm	Workout with Shelagh 5- 5.45pm	Run, Walk, Cycle	Run, Walk, Cycle







