

ONLINE ENERGISER PROGRAMME

CLASS TIMETABLE

MONDAY

BREATHWORX
with Marc
12.15pm
(10-15 mins)

UNBREAKABLE
with Vanessa
6pm
(45 mins)

**SMASH
& STRETCH**
with Marc
7pm
(30 mins)

TUESDAY

**PRIMAL PATTERN
CONDITIONING**
with Annalees
6pm
(45 mins)

**DISCO
BOXING**
with Marc
7pm
(45-55 mins)

WEDNESDAY

MIDWEEK HIIT
with Vanessa
7am
(30-45 mins)

**ZONED
OUT**
with Vanessa
12.15pm
(25-30 mins)

**CARDIO
BLAST**
with Marc
6pm
(45 mins)

THURSDAY

AMRAP
with Annalees
8am
(30 mins)

UNSMASHABLE
with Annalees
6pm
(45 mins)

**DISCO
BOXING**
with Daniel
7.30pm
(45-55 mins)

FRIDAY

**STRETCH
YOURSELF**
with Daniel
7am
(30 mins)

UNBREAKABLE
with Vanessa
6pm
(45 mins)

**BACK 2
CORE**
with Marc
7pm
(25-35 mins)

■ HIGH INTENSITY & CARDIO

■ CALISTHENIC DOMINANT

■ MOBILITY, STRETCH & RELAX

