

Day of the week	7:30am	9:30am	10:45am	1:00 PM	5:30pm	6:30/6:45pm
Monday	Rise, Shine & Invigorate - stretch & tone	Head to Toe - includes targetted workout			High Impact - high energy full body workout	
Tuesday	Head To Toe Extra - incl modest aerobic element			Stretch & Strengthen - targetting different areas each week		6:30pm Head to Toe - includes targetted workout
Wednesday	Head to Toe - includes targetted workout	LIVE STREAMED Stretch & Strengthen - targetting different areas each week	Face2Face Head to Toe Studio class		Face2Face Head to Toe Studio class	6:45pm LIVE STREAMED High Impact - challenging full body workout
Thursday		Head To Toe Extra - incl modest aerobic element		Head to Toe - includes targetted workout	Stretch & Relax - stretch, massage & relax	

Rise, Shine & Invigorate - a general pilates workout to awaken the whole body & set you up for the week!

Head to Toe - this is a general total body pilates workout. The focus alternates between upper/lower/spine

High Impact - this is a safe total body workoutthat you can intensify with/without weights & repetitions

Head To Toe Extra -this is a general total body pilates workout with 10 mins cardio

Stretch & Strengthen - this is a pilates workout focusing on specific areas of the body

Stretch & Relax - uses balls & foam rollers for complete end of the day relaxation