



WEEK ONE: 1 NOVEMBER - 7 NOVEMBER

Saturday 1 November	Sunday 2 November	Monday 3 November	Tuesday 4 November	Wednesday 5 November	Thursday 6 November	Friday 7 November
8:30 AM HIIT	8:30 AM Ride	7:00 AM Pulse	7:00 AM Ride	7:00 AM Pulse	6:30 AM HIIT	8:30 AM HYROX
9:30 AM Pulse	9:30 AM Pulse	8:30 AM Ride	8:30 AM HIIT	8:30 AM Pilates Burn	8:30 AM Ride	9:30 AM Spin
4:30 PM Ride	6:15 PM Ride	6:15 PM Pilates Burn	6:15 PM Ride	6:15 PM Motion & Mobility	6:30 PM Vinyasa Yoga	4:30 PM Dance Beat
6:00 PM Glow Dance	7:30 PM HYROX	7:30 PM Ride	7:30 PM Gentle Flow Yoga	7:30 PM Ride	7:30 PM HYROX	6:00 PM Dance Beat
7:15 PM Vinyasa Yoga						7:30 PM Motion & Mobility

WEEK TWO: 8 NOVEMBER - 14 NOVEMBER

Saturday 8 November	Sunday 9 November	Monday 10 November	Tuesday 11 November	Wednesday 12 November	Thursday 13 November	Friday 14 November
8:30 AM HIIT	8:30 AM Ride	7:00 AM Pulse	7:00 AM Ride	7:00 AM Pulse	6:30 AM HIIT	8:30 AM HYROX
9:30 AM Pulse	9:30 AM Pulse	8:30 AM Ride	8:30 AM HIIT	8:30 AM Pilates Burn	8:30 AM Ride	9:30 AM Spin
10:30 AM Ride	6:15 PM Ride	6:15 PM Pilates Burn	6:15 PM Dance Beat	10:00 AM Longevity Wellness	6:00 PM Vinyasa Yoga	6:00 PM Dance Beat
5:30 PM Tea Ceremony	7:30 PM HYROX	7:30 PM Ride	7:30 PM Gentle Flow Yoga	6:15 PM Motion & Mobility	7:30 PM HYROX	7:30 PM Form & Flow Motion & Mobility
6:00 PM Sound Meditation and Yoga				7:30 PM Ride		

WEEK THREE: 15 NOVEMBER - 21 NOVEMBER

Saturday 15 November	Sunday 16 November	Monday 17 November	Tuesday 18 November	Wednesday 19 November	Thursday 20 November	Friday 21 November
8:30 AM HIIT	8:30 AM Ride	7:00 AM Pulse	6:30 AM Ride	7:00 AM Pulse	6:30 AM HIIT	8:30 AM HYROX
9:30 AM Pulse	9:30 AM Pulse	8:30 AM Ride	8:30 AM HIIT	8:30 AM Pilates Burn	8:30 AM Ride	9:30 AM Spin
4:30 PM Vinyasa Yoga	6:15 PM Ride	6:15 PM Pilates Burn	6:15 PM Ride	6:15 PM Motion & Mobility	10:00 AM Longevity Wellness	4:30 PM Super Ride
6:15 PM Ride	7:30 PM HYROX	7:30 PM Ride	7:30 PM Gentle Flow Yoga	7:30 PM Ride	6:30 PM Vinyasa Yoga	7:15 PM Super Ride
					7:30 PM HYROX	

WEEK FOUR: 22 NOVEMBER - 30 NOVEMBER

Saturday 22 November	Sunday 23 November	Monday 24 November	Tuesday 25 November	Wednesday 26 November	Thursday 27 November	Friday 28 November	Saturday 29 November	Sunday 30 November
8:30 AM Ignite	8:30 AM Ride	7:00 AM Pulse	7:00 AM Ride	7:00 AM Pulse	6:30 AM HIIT	8:30 AM HYROX	7:30 AM HYROX	8:30 AM Ride
9:30 AM Pulse	9:30 AM Pulse	8:30 AM Ride	8:30 AM HIIT	8:30 AM Pilates Burn	8:30 AM Ride	9:30 AM Spin	8:30 AM Ride	9:30 AM Pulse
4:30 PM Vinyasa Yoga	6:15 PM Ride	6:15 PM Pilates Burn	10:00 AM Longevity Wellness	6:15 PM Motion & Mobility	6:30 PM Vinyasa Yoga	4:30 PM Motion & Mobility	9:30 AM Pulse	6:15 PM Ride
6:15 PM Ride	7:30 PM HYROX	7:30 PM Ride	6:15 PM Ride	7:30 PM Ride	7:30 PM HYROX	6:00 PM Dance Beat	6:00 PM Pilates (lululemon)	7:30 PM HYROX
			7:30 PM Gentle Flow Yoga					