



MONDAY

All-in Fitness with Foggy

10:00am – 11:00am

Spiritual Warrior Yoga (**ONLINE ONLY**)

11:00am – 12:00pm

TUESDAY

Circuits with Bren

7:00pm – 8:00pm

WEDNESDAY

Rehab Pilates with Emma (**ONLINE ONLY**)

11:00am – 12:00pm

Conditioning with Bill

6:00pm – 7:00pm

Advanced Pilates with Emma (**ONLINE ONLY**)

7:00pm – 8:00pm

THURSDAY

Big Burn with Foggy

7:00pm – 8:00pm

FRIDAY

Core Fusion with Adam

9:30am – 10:15am

SATURDAY

Spiritual Warrior Yoga (**ONLINE ONLY**)

8:30am – 9:30am

Dynamic Fusion with Bren/ Bill

10:00am – 10:45am

SUNDAY

Weekend Workout with Adam

9:30am – 10:15am



All accessible Via WLTSC Energize Facebook Group!