WINTER WARRIOR
TIMETABLE

Day				
MON	6:00am Relentless	9:30am RPM	7:00pm Body Balance	
TUE	7:00am V RPM	9:30am HIIT Circuit	6:30pm Boxing	7:30pm AQUA workout
WED	8:00am Strong Movers	9:30am Strength	6:00pm Relentless	7:00pm Pilates
THUR	6:00am Relentless	9:30am Stretch & Release	5:30pm V Grit	7:00pm V Sprint / 7:30pm V Body Balance
FRI	8:00am Strong Movers	9:30am Pilates	6:00pm Relentless	
SAT	9:30am V Body Pump			
SUN	9:30am Relentless Plus			

Cardinia Life

> **Fitness Testing**
> Start: June 23rd
> End: June 29th

> **Initial Body Scans**
> 23-29 June