

EVENT SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	SUNRISE YOGA / BOOTCAMP	SUNRISE YOGA / BOOTCAMP	SUNRISE YOGA / BOOTCAMP	SUNRISE YOGA / BOOTCAMP	SUNRISE YOGA / BOOTCAMP	YOGA FOR RUNNERS / BOOTCAMP	BOOTCAMP
07:00	HYBRID CIRCUIT / BOOTCAMP	HYBRID CIRCUIT / BOOTCAMP	HYBRID CIRCUIT / BOOTCAMP/ SCHNOZZ FUN RUN	HYBRID CIRCUIT / BOOTCAMP	HYBRID CIRCUIT / BOOTCAMP	FUN RUN LOVE SABRINA 5KM	SUNRISE YOGA / BOOTCAMP
08:00	REFORMER PURE / BOOTCAMP	REFORMER PURE / BOOTCAMP	HYROX SIM / REFORMER PURE/ BOOTCAMP	REFORMER PURE / BOOTCAMP	HYROX SIM / REFORMER PURE/ BOOTCAMP	REFORMER PURE / BOOTCAMP	HYROX SIM / REFORMER PURE/ BOOTCAMP
09:00	GUIDED MEDITATION / BOOTCAMP	BREATHWORK / BOOTCAMP		GUIDED MEDITATION / BOOTCAMP		BREATHWORK / BOOTCAMP	BOOTCAMP
10:00	BENCHMARK TEST / BOOTCAMP	BENCHMARK TEST / BOOTCAMP		BENCHMARK TEST / BOOTCAMP		BENCHMARK / BOOTCAMP	BOOTCAMP
11:00	TRIGGER POINT PILATES / BOOTCAMP	MAT BASED PILATES / BOOTCAMP		TRIGGER POINT PILATES / BOOTCAMP		MAT BASED PILATES / BOOTCAMP	BOOTCAMP
12:00	GUIDED MEDITATION	BREATHWORK		GUIDED MEDITATION		BREATHWORK	BOOTCAMP
13:00	REFORMER PURE	REFORMER POWER		REFORMER PURE		REFORMER POWER	
14:00							
15:00							
16:00	REFORMER POWER	REFORMER PURE	REFORMER POWER	REFORMER PURE	REFORMER POWER	REFORMER PURE	SET YOUR INTENTIONS
17:00	BREATHWORK	GUIDED MEDITATION	BREATHWORK	GUIDED MEDITATION	BREATHWORK	GUIDED MEDITATION	

GUIDED MEDITATION
MENTAL RESET

HYBRID CIRCUIT
STRENGTH + CARDIO

YOGA FOR RUNNERS
STRETCH + STRENGTHEN

BENCHMARK
VARIOUS FITNESS TESTS

R.A.M.P.
HYROX WARM-UP

SET YOUR INTENTIONS
GRATITUDE & REFLECTION

TRAIN PLETT

planetfitness