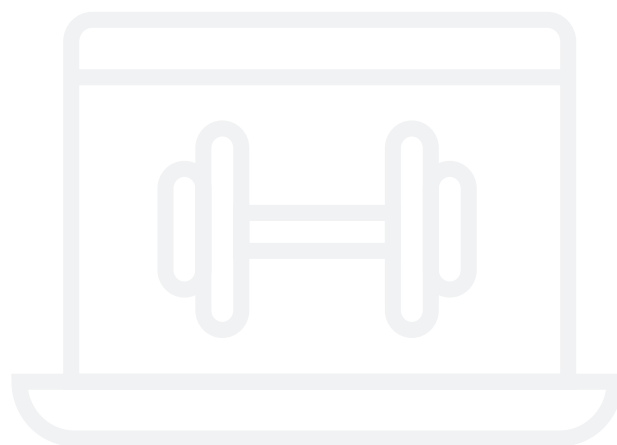


# April Digital Gym Weekly Schedule



Available live and on demand from the Spectrum.life Digital Gym.

Here, you will be able to take part in a variety of classes every week with each class lasting 30-45 minutes.

## All classes in GMT

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8am	Wake Up Yoga	Quick Energy HIIT	Pilates Beginners	Morning Mindfulness	Fun Friday Workout
12pm	Combat Fitness		Core Training	Strength and Conditioning	Family Fit
5pm			Yoga Intermediate		
6pm	Pilates Intermediate & Advanced	Yoga Advanced	Active Agers	Pilates All Levels	Yoga All Levels

## Q2 Training Plans

Strength Builder Bootcamp

Serene Yoga Flow

Bodyweight Basics

Core Strength Pilates