SRT ONLINE TWXMAS CHALLENGE

WED 23 DEC

THUR 24 DEC

FRI 25 DEC

SAT 26 DEC

SUN 27 DEC

MON 28 DEC

Tabata (Total Body Workout)

> Survivor (Arms + Core)

Supple Strength (Felxibility/relaxing etc)

Spartan (Lower Body and Cardio)

Pop Pliates

HIIT the Deck

IIAM FC

11AM

11AM

 \ast

 \ast

.....

11AM

11AM

11AM

Tabata **TUES 29 DEC 11AM** (Total Body Workout) Survivor WED 30 DEC **11AM** (Arms + Core) Supple Strength (Flexibility/relaxing etc) **THURS 31 DEC 11AM** Spartan FRI 1 JAN **11AM** (Lower Body + Cardio) SAT 2 JAN Pop Pilates **11AM** SUN 3 JAN **11AM** HIIT the Deck



Bookings must be made online using your personal login details at **www.srt.org.uk** Book into 'SRT Twixmas Challenge' this is included in our Gold Subscriptions.