

SRT ONLINE TWIXMAS CHALLENGE

12 DAYS
FOR £12

WED 23 DEC	Tabata (Total Body Workout)	11AM
THUR 24 DEC	Survivor (Arms + Core)	11AM
FRI 25 DEC	Supple Strength (Flexibility/relaxing etc)	11AM
SAT 26 DEC	Spartan (Lower Body and Cardio)	11AM
SUN 27 DEC	Pop Pilates	11AM
MON 28 DEC	HIIT the Deck	11AM
TUES 29 DEC	Tabata (Total Body Workout)	11AM
WED 30 DEC	Survivor (Arms + Core)	11AM
THURS 31 DEC	Supple Strength (Flexibility/relaxing etc)	11AM
FRI 1 JAN	Spartan (Lower Body + Cardio)	11AM
SAT 2 JAN	Pop Pilates	11AM
SUN 3 JAN	HIIT the Deck	11AM