

SAVVY Christmas Schedule 18 - 24 DEC

 Suite 7 135-143 Princes Hwy, Fairy Meadow
 1300 942 895
 savvywellco.com.au



Time	MON 18 DEC	TUE 19 DEC	WED 20 DEC	THU 21 DEC	FRI 22 DEC	SAT 23 DEC	SUN 24 DEC
5:00AM		CYCLE		CYCLE			
6:00AM	CYCLE	FLOW	PILATES	PILATES	CYCLE	CYCLE	
	RUN	PUSH	STRENGTH	LIFT	STRETCH	PUNCH	
	LIFT	FLY	FLY	RUN			
7:00AM		PUSH	STRENGTH	PILATES		PUSH	
7.15AM						PILATES	
8:00AM	SENIORS CARDIO	SENIORS STRENGTH	SENIORS STRETCH	SENIORS STRENGTH	SENIORS PILATES		
9.15AM	STRETCH	PILATES	LIFT	PILATES	PUSH		
		PUSH		PLAY			
10.15AM					CYCLE		
11.15AM	SENIORS STRETCH	SENIORS CYCLE	SENIORS STRENGTH	SENIORS PILATES	SENIORS STRENGTH		
1:15AM		SENIORS PILATES					
2:15PM	SENIORS STRENGTH	SENIORS PILATES	SENIORS STRETCH	SENIORS STRENGTH			
5:30PM	PILATES	CYCLE	PILATES	STRENGTH			
	LIFT		PUNCH				
6:15PM		FLY		RUN			
6:30PM	STRENGTH		CYCLE				

SAVVY WellCo (Fairy Meadow)

SAVVY Corner, Stuart Park

Bulli Beach Reserve

Closed

SAVVY Christmas Schedule 25 - 31 DEC

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Time	MON 25 DEC	TUE 26 DEC	WED 27 DEC	THU 28 DEC	FRI 29 DEC	SAT 30 DEC	SUN 31 DEC
5:00AM							
6:00AM			PILATES	PILATES	CYCLE	CYCLE	
			FLY	LIFT	STRETCH		
7:00AM			STRENGTH	PILATES			
7.15AM						PUSH	
						PILATES	
8:00AM			SENIORS STRETCH	SENIORS STRENGTH	SENIORS PILATES		
9.15AM			LIFT	PLAY	PUSH		
5:30PM			PILATES	STRENGTH			
			PUNCH				
6:15PM				RUN			

SAVVY WellCo (Fairy Meadow)

SAVVY Corner, Stuart Park

Bulli Beach Reserve

Closed

SAVVY Christmas Schedule 1 - 7 JAN

 Suite 7 135-143 Princes Hwy, Fairy Meadow
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Time	MON 1 JAN	TUE 2 JAN	WED 3 JAN	THU 4 JAN	FRI 5 JAN	SAT 6 JAN	SUN 7 JAN
5:00AM				CYCLE			
6:00AM		FLOW	PILATES	PILATES	CYCLE	CYCLE	
		PUSH	STRENGTH	LIFT	STRETCH	PUNCH	
		FLY	FLY	RUN			
7:00AM		PUSH	STRENGTH	PILATES			
				LIFT			
7:15AM						PUSH	
						PILATES	
8:00AM		SENIORS STRENGTH	SENIORS STRETCH	SENIORS STRENGTH	SENIORS PILATES		
9.15AM		PILATES	LIFT	PILATES	PUSH		
		PUSH		PLAY			
11.15AM		SENIORS CYCLE	SENIORS STRENGTH	SENIORS PILATES	SENIORS STRENGTH		
2:15PM		SENIORS PILATES	SENIORS STRETCH	SENIORS STRENGTH			
5:30PM		CYCLE	PILATES	STRENGTH			RELEASE
			PUNCH				
6:15PM		FLY		RUN			

SAVVY WellCo (Fairy Meadow)

SAVVY Corner, Stuart Park

Bulli Beach Reserve

Closed

REFORMER PILATES

Find your powerhouse

Intensity: Low-Medium

Impact: Low

Complexity: Low – High

Duration: 45mins

Location: SAVVY WellCo

CYCLE

Low impact, high intensity!

Intensity: High

Impact: Low

Complexity: Low

Duration: 45mins

Location: SAVVY WellCo

STRENGTH

Build strength and muscle

Intensity: Medium – High

Impact: Medium

Complexity: Low - Medium

Duration: 1 hour

Location: SAVVY WellCo

STRETCH

Release muscle restriction

Intensity: Low

Impact: Low

Complexity: Low - Medium

Duration: 45 minutes

Locations: Stuart Park

LIFT

Strengthen and tone

Intensity: Medium

Impact: Medium

Complexity: Low

Duration: 45 mins

Location: Stuart Park,
Bulli Beach Reserve

PUSH

Push the limits

Intensity: High

Impact: Medium

Complexity: Medium

Duration: 45 mins

Location: Stuart Park

FLY

Let your fitness take flight

Intensity: High

Impact: Medium

Complexity: Low - Medium

Duration: 45 mins

Locations: Bulli Beach Reserve
and Stuart Park

RUN

Suitable for the beginner to
advanced runner

Intensity: Low - High

Impact: Medium

Complexity: Low - Medium

Duration: 45 mins

Locations: Bulli Beach Reserve
and Stuart Park

RELEASE (YOGA)

Restore and recover

Intensity: Low

Impact: Low

Complexity: Low

Duration: 45 mins

Locations: SAVVY WellCo

FLOW (YOGA)

Find freedom in movement

Intensity: Medium

Impact: Low

Complexity: Medium

Duration: 45 mins

Locations: SAVVY WellCo

PUNCH

Total body conditioning

Intensity: High

Impact: Medium

Complexity: Medium - High

Duration: 1 hour

Locations: Stuart Park

PLAY

Time flies when you're 'Playing'

Intensity: Medium – High

Impact: Medium – High

Complexity: Medium

Duration: 45 mins

Locations: Stuart Park