

SAVVY Group Training Class Schedule

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

Time	MON	TUE	WED	THU	FRI	SAT	SUN
5:00AM		CYCLE		CYCLE	*RUN STRENGTH		
6:00AM	PILATES	FLOW	CYCLE	PILATES	CYCLE		
	STRENGTH		STRENGTH		*RUN STRENGTH	*RUN CLUB	
	RUN	PUSH	FLY	LIFT	STRETCH	PUNCH	
	LIFT	FLY		RUN			
6:15AM						CYCLE	
7:00AM	STRENGTH	PUSH	STRENGTH	PILATES			
				LIFT			
7.15AM						PILATES	
						PUSH	
8:00AM	SENIORS CARDIO	SENIORS STRENGTH	SENIORS STRETCH	SENIORS STRENGTH	SENIORS PILATES		
8:15AM						PILATES	
9.15AM	STRETCH	PILATES	LIFT	PILATES	PUSH		
	LIFT	PUSH		MOVE			
10.15AM					CYCLE		
11.15AM	SENIORS STRETCH	SENIORS CYCLE	SENIORS STRENGTH	SENIORS PILATES	SENIORS STRENGTH		
1:15PM		SENIORS PILATES					
2:15PM	SENIORS STRENGTH	SENIORS PILATES	SENIORS MOVE	SENIORS STRENGTH			
4:30PM					RECOVERY		
5:30PM	PILATES	CYCLE	PILATES	STRENGTH			RELEASE
	*RUN STRENGTH		PUNCH	LEARN TO RUN			
	LIFT						
6:15PM		FLY		RUN			
6:30PM	*RUN STRENGTH	STRENGTH	CYCLE	PILATES			

SAVVY WellCo (Fairy Meadow)

SAVVY Corner, Stuart Park

Bulli Beach Reserve

*Exclusive to Run Membership

Classes move indoors in inclement weather

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