

SAVVY Christmas Schedule 23 - 29 DEC

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



Time	MON 23 DEC	TUE 24 DEC	WED 25 DEC	THU 26 DEC	FRI 27 DEC	SAT 28 DEC	SUN 29 DEC
5:00AM		CYCLE					
6:00AM	STRENGTH	FLOW			CYCLE	CYCLE	
	RUN	PUSH			STRETCH	PUNCH	
	LIFT	FLY					
7:00AM	STRENGTH						
7.15AM						PILATES	
8:00AM	SENIORS CARDIO	SENIORS STRENGTH			SENIORS PILATES		
9.15AM	STRETCH				PUSH		
10.15AM							
11.15AM	SENIORS STRETCH				SENIORS STRENGTH		
1:15AM							
2:15PM	SENIORS STRENGTH						
5:30PM	PILATES						
	LIFT						
6:15PM							
6:30PM							

SAVVY WellCo (Fairy Meadow)

SAVVY Corner, Stuart Park

Bulli Beach Reserve

Closed



Christmas Schedule 30 DEC - 5 JAN

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



Time	MON 30 DEC	TUE 31 DEC	WED 1 JAN	THU 2 JAN	FRI 3 JAN	SAT 4 JAN	SUN 5 JAN
5:00AM		CYCLE					
6:00AM				PILATES	CYCLE	CYCLE	
	RUN	PUSH		LIFT	STRETCH	PUNCH	
	LIFT	FLY		RUN			
7:00AM	STRENGTH			LIFT			
7.15AM						PILATES	
8:00AM	SENIORS CARDIO	SENIORS STRENGTH		SENIORS STRENGTH	SENIORS PILATES		
9.15AM	STRETCH				PUSH		
				MOVE			
10.15AM				PILATES			
11.15AM	SENIORS STRETCH			SENIORS PILATES	SENIORS STRENGTH		
1:15AM							
2:15PM	SENIORS STRENGTH			SENIORS STRENGTH			
5:30PM	PILATES			STRENGTH			RELEASE
	LIFT						
6:15PM				RUN			
6:30PM							

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