

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15 – 06:45	FORTIS PRO	FORTIS	PUSH + PULL	FORTIS PURE	FORTIS PRO		
07:00 – 07:30							
08:30 – 09:00							
09:00 – 09:30							
09:30 – 10:00	PUSH + PULL		FORTIS	FORTIS	FORTIS PURE		
10:00 – 10:30							
10:15 – 10:45	FORTIS			FORTIS PURE			
10:30 – 11:00							FORTIS PURE
11:00 – 11:30						PUSH + PULL	
11:15 – 11:45							FORTIS
11:40 – 12:10						FORTIS PRO	
12:00 – 12:30							
12:30 – 13:00	FORTIS		FORTIS PURE				
13:00 – 13:30							
13:30 – 14:00							
16:30 – 17:00							
17:00 – 17:30							
17:45 – 18:15		FORTIS PRO					
18:15 – 18:45			FORTIS				
18:30 – 19:00	FORTIS PRO	FORTIS PURE		FORTIS PURE	FORTIS PRO		
19:00 – 19:30			PUSH + PULL				

CLASS DESCRIPTIONS

FORTIS

The original. High intensity, low impact inclusive session blending Speedflex exercises with functional movements.

FORTIS PURE

Make use of what you've got. 30 minutes of interval training using Speedflex and bodyweight exercises only.

FORTIS PRO

Next level training. Push yourself to the limit with our most intense workout yet. A variety of challenging Speedflex and functional exercises which develop strength as well as fitness.

FORTIS PUSH + PULL

Fun and functional. Combine Speedflex exercises with resistance and suspension training. A fun and varied, full body workout.

HIIT
without
THE HURT

FIRST FORTIS CLASS? PLEASE ARRIVE 10 MINUTES EARLY AND WE'LL GET YOU SET UP