

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

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.

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

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