

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45 - 07:15		FORTIS		FORTIS			
07:00 - 07:30							
07:30 - 08:00			FORTIS				
08:00 - 08:30							
08:30 - 09:00							
09:10 - 09:40	FORTIS PRO						
09:30 - 10:00				FORTIS		FORTIS	FORTIS PURE
10:00 - 10:30							
10:15 - 10:45							
10:30 - 11:00							
12:00 - 12:30							
12:30 - 13:00							
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				
18:00 - 18:30				FORTIS PRO	FORTIS		
18:30 - 19:00	FORTIS PURE	FORTIS	FORTIS PRO				
19:15 - 19:45							

## 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**