

# R.E.S.U.L.T.S

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05am	<b>SUSPENSION</b> 🏋️	<b>FIT</b> 🏋️	<b>STRONG</b> 🏋️	<b>SUSPENSION</b> 🏋️	<b>FIT</b> 🏋️		
				<b>FIT</b> 🏋️			
8:30am						<b>STRONG</b> 🏋️🏋️	<b>SUSPENSION</b> 🏋️
12:30pm	<b>BATTLE FIT</b> 🏋️	<b>BATTLE FIT</b> 🏋️		<b>BATTLE FIT</b> 🏋️	<b>BOX HIIT</b> 🏋️		
5.30pm	<b>FIT</b> 🏋️	<b>BATTLE FIT</b> 🏋️	<b>SUSPENSION</b> 🏋️				
6:00pm	<b>STRONG</b> 🏋️🏋️		<b>STRONG</b> 🏋️🏋️	<b>FIT</b> 🏋️			
6:30pm				<b>FIT &amp; STRONG</b> 🏋️🏋️			



**ACTIVE  
MONASH**



45 minute session



60 minute session

<b>FIT</b>	High intensity workout using a variety of functional strength and conditioning equipment
<b>BATTLE FIT</b>	Mix of interval and resistance training in fast paced and varied formats.
<b>SUSPENSION</b>	Innovative and intensive body weight training using our TRX suspension systems
<b>BOX HIIT</b>	High energy combination of boxing, cardio and body weight resistance training
<b>STRONG</b>	Periodised strength training focussed on functional lifting and improving mobility.