



STUDIO TIMETABLE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7am - 9am			Embodiment BURN 7am			
9am - 12pm				Embodiment FLEX 9am		Embodiment BURN 10am
12pm - 6.30pm						
6.30pm - 8pm		Embodiment FLEX 7pm				

Embodiment BURN

A high intensity metabolic conditioning class using HIIT and Circuit-based approaches to increase your metabolism and rapidly burn fat.

Highly recommended as a supplement and secondary workout to anyone on an Embodiment Transformation Programme.

Embodiment FLEX

A stretch-focused class using yoga principles and movements to dramatically improve flexibility. With numerous variations and options available, there will always be a way of intensifying the class.

Highly recommended as a complement to the Embodiment Transformation Programmes. Can be taken pre or post workout.