spectrum.life

October Digital Gym

Live and on demand.
All classes in GMT.
10 to 30 minute sessions.

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING 7am	20 min **Gentle Morning Workout**	10 min **Full Body Workout**	10 min **Lower Body Workout**	10 min **Upper Body Workout**	20 min **HIIT Workout**
MIDDAY 11am	20 min NEW **Pilates** All Levels	20 min **Yoga** Beginners	30 min **Active Agers**	20 min **Pilates** Intermediate	20 min **Yoga** Intermediate & Advanced
EVENING 6pm	20 min **Energy Shift Yoga**	20 min **Mobility Movement**	20 min NEW **Hybrid Fitness**	20 min **Full Body Stretch & Cool Down**	20 min **Joint Health & Mobility**

This month's training plans

Your HIIT Starter Plan: 4 Weeks of 20-Minute Workouts

Start building your fitness routine with one 20-minute HIIT class per week. This four-week series combines short bursts of high-intensity exercise with recovery periods to help improve strength, stamina, and energy levels. Designed for all fitness levels, it's a simple way to introduce more movement into your week and build confidence at your own pace.