

# WELLNESS

## ANNABELLE WILLIAMS 8th June- 20th June

	<b>Monday</b> 8/06/2026 15/06/2026	<b>Tuesday</b> 9/06/2026 16/06/2026	<b>Wednesday</b> 10/06/2026 17/06/2026	<b>Thursday</b> 11/06/2026 18/06/2026	<b>Friday</b> 12/06/2026 19/06/2026	<b>Saturday</b> 13/06/2026 20/06/2026
<b>8:45 - 9:30</b>	Slow Strength	Hybrid Circuit Training Upper Body Focus	Express Core and Glutes	Hybrid Circuit Training	Slow Strength Upper Body Focus	Hybrid Circuit Training
<b>9:45 - 10:30</b>	Express Core and Glutes		Slow Strength		Hybrid Circuit Training	Slow Strength
<b>5:00 - 5:45</b>	Stretch & Recover	Express Core and Glutes	Stretch & Recover	Express Core and Glutes	Stretch & Recover	

### Slow Strength

Slow Strength is a controlled, strength-focused class using medium-to-heavy free weights and bodyweight exercises. With an emphasis on form, alignment, and progressive loading, you will build strength and stability at a steady, intentional pace.

### Express Core and Glutes

A targeted strength session focused on building core stability and lower-body strength. Expect controlled movements to activate, tone, and strengthen - leaving you feeling strong, balanced, and supported.

### Stretch & Recover

Release tension, improve flexibility, and support recovery with deep stretches, mobility work, and breath-focused movements. This all-levels class enhances circulation, reduces soreness, and restores balance—leaving you refreshed and ready to move with ease.

### Hybrid Circuit Training

A dynamic, feel-good workout blending strength, cardio, and movement in a rotating circuit format. Expect variety, energy, and a session that keeps you on your toes - without taking itself too seriously.