

WELLNESS

MATTEO MASSAINI 6th - 18th July

	Monday 6/07/2026 13/07/2026	Tuesday 7/07/2026 14/07/2026	Wednesday 8/07/2026 15/07/2026	Thursday 9/07/2026 16/07/2026	Friday 10/07/2026 17/07/2026	Saturday 11/07/2026 18/07/2026
8:45 - 9:30	Slow Strength	Hybrid Circuit Training Upper Body Focus	Express Core and Glutes	Hybrid Circuit Training	Slow Strength Upper Body Focus	Express Core and Glutes
9:45 - 10:30	Express Core and Glutes		Hybrid Circuit Training		Express Core and Glutes	Slow Strength
18:15 - 19:00	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.