PUNCH LOVE

Bonus Training & Events CALENDAR

Where training sessions list a studio - book class on that location

Pre-Launch 27th - 31st Jan	Fri 30th Jan	7-8pm	Zoom
WEEK #1 ROCKY Boxing with Adam	Sun 8th Feb	8am, 9am	AG
WEEK #2 - PINK THEME	9-15 Feb	Pink Theme all week	all studios
WEEK #3 YOGA with Dido	Sun 22nd Feb	8am	Windsor
WEEK 4			
WEEK #5 STRENGTH With Ness & Shane	Sun 8th March	8am, 9am	AG
WEEK 6			
WEEK 7 Qi gong + Meditation With Bree	Fri 20th March	7-8pm	AG
WEEK 8 LADY TRADIE Theme week	23rd - 29th March	All week	All studios
WEEK 9	EASTER		
WEEK 10 HYROX With Amanda	Sun 12th April	8am 9am	CH
WEEK 11 HIIT With Sonia	Sunday 19th	8am	Annangrove
WEEK 12 80'S RETRO Theme Week WHERE TO FROM HERE - Zoom	Thurs 23rd April	7-8pm	Zoom