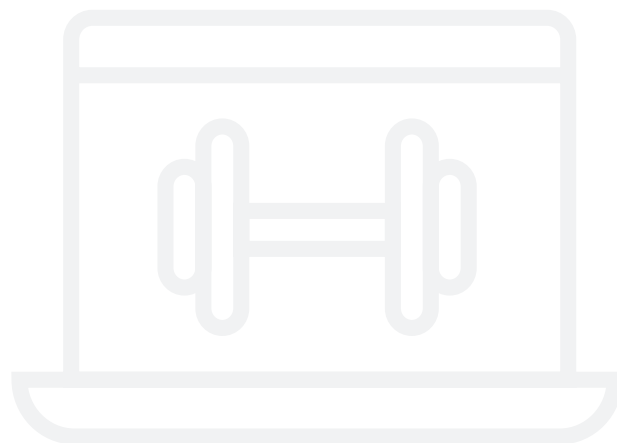


January Digital Gym Weekly Schedule

Available live and on demand from the Spectrum.life Digital Gym. Here, you will be able to take part in a variety of classes every week with each class lasting 30-45 minutes.



All classes in GMT

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|------|----------------------|--------------------------|------------------------|-----------------------------------|--------------------|
| 8am | Morning HIIT Workout | Mobility and Flexibility | Yoga All Levels | Pilates Intermediate and Advanced | Fun Friday Workout |
| 12pm | | Yoga HIIT | Fresh Start Meditation | Lunchtime Movement | Family Fit |
| 5pm | Pilates Beginners | | | | |
| 6pm | Yoga Beginners | Standing Workout | Disco Barre | Zone-Out Yoga | Active Agers |

Q1 Training Plans

Rise & Thrive: A Morning Motivation for Beginners

Hatha Yoga: Beginner's Guide

Pilates Essentials for Beginners & Seniors

Beginners Guide to Strength Training