

# Valere Health Group Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
6:15am Small Circuit - Strength		6:30am Large group HIIT		6:30am Small Circuit
9:00am Breast Cancer moves				
9:45am Genesis Moves - Lady's				9:45am Genesis Moves
10:30am Genesis Moves - Men				

**Small Circuit Strength:** A group class that has a bit of everything with a focus on building strength.

**Breast Cancer Moves:** A class specifically designed for people undergoing treatment for breast cancer.

**Genesis classes:** Specifically designed for people undergoing radiation at genesis. There is a male, female, and group class available each week

**Large HIIT:** This is a circuit class with a bit of everything from intervals that will make you breathless and strength and balance exercises