

WEEK 1		WEDNESDAY 1 <sup>st</sup>	THURSDAY 2 <sup>nd</sup>	FRIDAY 3 <sup>rd</sup>
A M	8 . 3 0	<a href="#">Guided meditation with Alia</a>		<a href="#">Guided meditation with Jas</a>
	9 . 0 0		<a href="#">Guided meditation with Alia</a>	
	9 . 3 0			
	1 0 . 0 0	<a href="#">Tabata with Alia</a>	<a href="#">Tabata with Alia</a>	<a href="#">Tabata with Tyler</a>
	1 0 . 3 0			
	1 1 . 0 0			<a href="#">Q&amp;A: Thriving through the holiday season</a>
P M	1 1 . 3 0	<a href="#">Cooking demo with Selin</a>	<a href="#">Guided meditation with Megan</a>	
	1 2 . 0 0	<a href="#">Fast 30 with Meg</a>	<a href="#">Pilates fusion with Tam</a>	<a href="#">F-Ab Friday with Tam</a>
	1 2 . 3 0			
	1 . 0 0			
	1 . 3 0		<a href="#">Mindful art with Megan</a>	
	2 . 0 0	<a href="#">Yoga with Alia</a>	<a href="#">Back care with Alia</a>	<a href="#">Stretch with Corey</a>



WEEK 2		MONDAY 6 <sup>th</sup>	TUESDAY 7 <sup>th</sup>	WEDNESDAY 8 <sup>th</sup>	THURSDAY 9 <sup>th</sup>	FRIDAY 10 <sup>th</sup>
A M	8 . 3 0	<a href="#">Guided meditation with Jas</a>		<a href="#">Guided meditation with Alia</a>		<a href="#">Guided meditation with Jas</a>
	9 . 0 0		<a href="#">Guided meditation with Jas</a>		<a href="#">Guided meditation with Alia</a>	
	9 . 3 0					
	1 0 . 0 0	<a href="#">Tabata with James</a>		<a href="#">Tabata with Alia</a>	<a href="#">Tabata with Alia</a>	<a href="#">Tabata with Tyler</a>
	1 0 . 3 0					
P M	1 1 . 0 0					
	1 1 . 3 0				<a href="#">Guided meditation with Megan</a>	
	1 2 . 0 0	<a href="#">Boxing with James</a>		<a href="#">Fast 30 with Tam</a>	<a href="#">Pilates fusion with Tam</a>	<a href="#">F-Ab Friday with Tam</a>
	1 2 . 3 0			<a href="#">Mindful art with Megan</a>		
	1 . 0 0					
	1 . 3 0				<a href="#">Q&amp;A: Gift yourself health this festive season</a>	
	2 . 0 0	<a href="#">Blast the core with Tyler</a>		<a href="#">Yoga with Megan</a>	<a href="#">Back care with Alia</a>	<a href="#">Stretch with Corey</a>

WEEK 3		MONDAY 13 <sup>th</sup>	TUESDAY 14 <sup>th</sup>	WEDNESDAY 15 <sup>th</sup>	THURSDAY 16 <sup>th</sup>	FRIDAY 17 <sup>th</sup>
A M	8 . 3 0	<a href="#">Guided meditation with Jas</a>		<a href="#">Guided meditation with Alia</a>		<a href="#">Guided meditation with Jas</a>
	9 . 0 0		<a href="#">Guided meditation with Jas</a>		<a href="#">Guided meditation with Alia</a>	
	9 . 3 0			<a href="#">Q&amp;A: Gift yourself health this festive season</a>		
	10 . 0 0	<a href="#">Tabata with James</a>	<a href="#">Tabata with Meg</a>	<a href="#">Tabata with Alia</a>	<a href="#">Tabata with Alia</a>	<a href="#">Tabata with Tyler</a>
	10 . 3 0					
	11 . 0 0					
	11 . 3 0		<a href="#">Guided meditation with Megan</a>	<a href="#">Cooking demo with Selin</a>	<a href="#">Guided meditation with Megan</a>	
P M	12 . 0 0	<a href="#">Boxing with James</a>	<a href="#">Bodyweight beast with Tyler</a>	<a href="#">Fast 30 with Meg</a>	<a href="#">Pilates fusion with Tam</a>	<a href="#">F-Ab Friday with Tam</a>
	12 . 3 0					
	1 . 0 0					
	1 . 3 0					
	2 . 0 0	<a href="#">Blast the core with Tyler</a>	<a href="#">Mobility with Corey</a>	<a href="#">Yoga with Alia</a>	<a href="#">Back care with Alia</a>	<a href="#">Stretch with Corey</a>
	2 . 3 0				<a href="#">Mindful art with Megan</a>	

CBHS Health Fund Limited does not accept any liability for any injury, loss or damage incurred as a result of your participation, including any use of or reliance on any information provided, except to the extent of any contributory negligence by CBHS. This program is of a holistic nature and should not be relied on as a substitute for medical advice or be used to diagnose, treat, cure or prevent any disease. By participating, you agree to release CBHS from all claims arising from your participation, except to the extent of any contributory negligence by CBHS.

WEEK 4	MONDAY 20 <sup>th</sup>	TUESDAY 21 <sup>st</sup>	WEDNESDAY 22 <sup>nd</sup>	THURSDAY 23 <sup>rd</sup>	
A M	8 . 3 0	<a href="#">Guided meditation with Jas</a>	<a href="#">Guided meditation with Jas</a>		
	9 . 0 0		<a href="#">Guided meditation with Jas</a>		
	9 . 3 0				
	1 0 . 0 0	<a href="#">Tabata with James</a>	<a href="#">Tabata with Meg</a>	<a href="#">Tabata with Tyler</a>	<a href="#">Tabata with Meg</a>
	1 0 . 3 0		<a href="#">Q&amp;A: Gift yourself health this festive season</a>		
	1 1 . 0 0	<a href="#">Mindful art with Julia</a>			
	1 1 . 3 0		<a href="#">Guided meditation with Megan</a>	<a href="#">Cooking demo with Julia</a>	
	1 2 . 0 0	<a href="#">Boxing with James</a>	<a href="#">Bodyweight beast with Tyler</a>	<a href="#">Fast 30 with Meg</a>	<a href="#">Pilates fusion with Tam</a>
	1 2 . 3 0				
	P M	1 . 0 0			
1 . 3 0					
2 . 0 0		<a href="#">Blast the core with Tyler</a>	<a href="#">Mobility with Corey</a>	<a href="#">Yoga with Megan</a>	<a href="#">Back care with Tyler</a>



## Gift yourself health program

Give yourself the gift of health this holiday season by registering for this two-week wellbeing program that runs from 27<sup>th</sup> December to the 10<sup>th</sup> January.

[Register Now](#)

CBHS Health Fund Limited does not accept any liability for any injury, loss or damage incurred as a result of your participation, including any use of or reliance on any information provided, except to the extent of any contributory negligence by CBHS. This program is of a holistic nature and should not be relied on as a substitute for medical advice or be used to diagnose, treat, cure or prevent any disease. By participating, you agree to release CBHS from all claims arising from your participation, except to the extent of any contributory negligence by CBHS.

# the health hub



WEEK 1		MONDAY 10 <sup>th</sup>	TUESDAY 11 <sup>th</sup>	WEDNESDAY 12 <sup>th</sup>	THURSDAY 13 <sup>th</sup>	FRIDAY 14 <sup>th</sup>	
A M	8 . 3 0	<p>Choose your own wellbeing adventure through <b>the Health Hub Vimeo showcases.</b> Head into the 'showcases' section and use the simple password 'HealthHub' for any showcase you wish to view.</p>		<a href="#">Guided meditation with Jas</a>		<a href="#">Guided meditation with Jas</a>	
	9 . 0 0		<a href="#">Guided meditation with Jas</a>		<a href="#">Guided meditation with Alia</a>		
	9 . 3 0						
	1 0 . 0 0		<a href="#">Tabata with Meg</a>	<a href="#">Tabata with Tyler</a>	<a href="#">Tabata with Alia</a>	<a href="#">Tabata with Tyler</a>	
	1 0 . 3 0						
P M	1 1 . 0 0						
	1 1 . 3 0						
	1 2 . 0 0		<a href="#">Bodyweight beast with Tyler</a>	<a href="#">Fast 30 with Meg</a>	<a href="#">Pilates fusion with Tam</a>	<a href="#">F-Ab Friday with Tam</a>	
	1 2 . 3 0						
	1 . 0 0						
	1 . 3 0						
	2 . 0 0	<a href="#">Mobility with Corey</a>		<a href="#">Back care with Alia</a>	<a href="#">Stretch with Tam</a>		

CBHS Health Fund Limited does not accept any liability for any injury, loss or damage incurred as a result of your participation, including any use of or reliance on any information provided, except to the extent of any contributory negligence by CBHS. This program is of a holistic nature and should not be relied on as a substitute for medical advice or be used to diagnose, treat, cure or prevent any disease. By participating, you agree to release CBHS from all claims arising from your participation, except to the extent of any contributory negligence by CBHS.

WEEK 2		MONDAY 17 <sup>th</sup>	TUESDAY 18 <sup>th</sup>	WEDNESDAY 19 <sup>th</sup>	THURSDAY 20 <sup>th</sup>	FRIDAY 21 <sup>st</sup>
A M	8 . 3 0	<a href="#">Guided meditation with Jas</a>		<a href="#">Guided meditation with Alia</a>		<a href="#">Guided meditation with Jas</a>
	9 . 0 0		<a href="#">Guided meditation with Jas</a>		<a href="#">Guided meditation with Alia</a>	
	9 . 3 0					
	1 0 . 0 0	<a href="#">Tabata with James</a>	<a href="#">Tabata with Meg</a>	<a href="#">Tabata with Alia</a>	<a href="#">Tabata with Alia</a>	<a href="#">Tabata with Tyler</a>
	1 0 . 3 0					
	1 1 . 0 0					
P M	1 1 . 3 0		<a href="#">Guided meditation with Alia</a>	<a href="#">Cooking demo with Selin</a>	<a href="#">Guided meditation with Jas</a>	
	1 2 . 0 0	<a href="#">Boxing with James</a>	<a href="#">Bodyweight beast with Tyler</a>	<a href="#">Fast 30 with Meg</a>	<a href="#">Pilates fusion with Tam</a>	<a href="#">F-Ab Friday with Tam</a>
	1 2 . 3 0					
	1 . 0 0		<a href="#">Why meditate with Alia</a>			
	1 . 3 0					
	2 . 0 0	<a href="#">Blast the core with Tyler</a>	<a href="#">Mobility with Corey</a>	<a href="#">Yoga with Alia</a>	<a href="#">Back care with Alia</a>	<a href="#">Stretch with Tam</a>

WEEK 3		MONDAY 24 <sup>th</sup>	TUESDAY 25 <sup>th</sup>	WEDNESDAY 26 <sup>th</sup>	THURSDAY 27 <sup>th</sup>	FRIDAY 28 <sup>th</sup>
A M	8 . 3 0	<a href="#">Guided meditation with Jas</a>		<p>AUSTRALIA DAY</p>		<a href="#">Guided meditation with Jas</a>
	9 . 0 0		<a href="#">Guided meditation with Jas</a>		<a href="#">Guided meditation with Alia</a>	
	9 . 3 0					
	1 0 . 0 0	<a href="#">Tabata with James</a>	<a href="#">Tabata with Meg</a>		<a href="#">Tabata with Alia</a>	<a href="#">Tabata with Tyler</a>
	1 0 . 3 0					
	1 1 . 0 0	<a href="#">Why meditate with Jas</a>				
	1 1 . 3 0		<a href="#">Guided meditation with Megan</a>		<a href="#">Guided meditation with Megan</a>	
P M	1 2 . 0 0	<a href="#">Boxing with James</a>	<a href="#">Bodyweight beast with Tyler</a>	<a href="#">Pilates fusion with Tam</a>	<a href="#">F-Ab Friday with Tam</a>	
	1 2 . 3 0					
	1 . 0 0					
	1 . 3 0					
	2 . 0 0	<a href="#">Blast the core with Tyler</a>	<a href="#">Mobility with Corey</a>	<a href="#">Back care with Alia</a>	<a href="#">Stretch with Tam</a>	

## WEBINARS

**Q&A panel: Gift yourself health this festive season** - Join our panel of expert dietitians and exercise physiologists as we answer all your niggling health and wellbeing questions regarding the holiday season! Come armed with as many questions as you like, and we'll do our best to answer as many as we can!

**Mindful art** - Put your festive hat on and express yourself in holiday theme in this drawing session. Leave your expectations at the door, let the creativity flow and just have some fun. No artistic experience required.

**Meditation for your mind and body** - Mindful meditation can promote health, wellbeing and personal effectiveness. You will learn some practical skills on how to apply meditation to your daily life, and some of the science behind the practice.

## FITNESS SESSIONS

**Fast 30** - Get your heart rate up - and keep it up! This session is all about improving your cardiovascular capacity and burning off as much energy as we can!

**Bodyweight beast** - Think bodyweight exercise is just for beginners? Think again. Bodyweight exercise can build exceptionally strong, mobile bodies which can handle anything!

**F-Ab Friday** - A variety of fun moves that will get the heart pumping and abs firing. All fitness levels welcome!

**Tabata** - Tabata is infamous for its ability to drain you in a very short amount of time. 20 seconds of work followed by 10 seconds of rest achieves around the same benefit as a 30-minute walk in a fraction of the time.

**Mobility** - Stretching doesn't have to be slow and boring! Join us for this stretching and mobility session which aims at improving your posture, freeing up movement and having a great time doing so!

## INDIVIDUAL CONSULTATIONS

**Nutrition coaching** - Need advice on how to tweak your diet to support a healthy lifestyle? Book in for a one-on-one nutrition consult and receive individual advice and support. Book [here](#) for December, and [here](#) for January!

**Exercise coaching** - Personal advice from us can help you prevent injuries and improve your workouts. We'll help you meet your goals, whether you're a beginner or a fitness fanatic! Book [here](#) for December, and [here](#) for January!