

DECEMBER HOLIDAY PROGRAM



YOUR SUMMER SURVIVAL GUIDE

MON

TUES

WED

THURS

FRI

SAT

SUN

23RD

FESTIVE FRUITY TREE

RECIPE



24TH

HEALTHY FESTIVE FOOD SWAPS

BLOG



25TH

TIME TO CELEBRATE!



26TH

BOXING COMBAT CARDIO

WITH BECKY

ON-DEMAND



27TH

VEGGIE-BASED SIDE DISH RECIPES

BLOG



28TH

HOW TO AVOID FESTIVE BURNOUT

BLOG



29TH

CALM YOUR MIND BREATH WORK

WITH NADIA

ON-DEMAND



30TH

AWESOME ABS CARDIO

WITH CAITLIN

ON-DEMAND



31ST

TIME TO CELEBRATE!



1ST

GOAL-SETTING FOR THE NEW YEAR

BLOG

HAPPY NEW YEAR!

2ND

DEEP SLEEP TIPS

WITH MICHAEL

ON-DEMAND



3RD

HIP & LOWER BODY PILATES

WITH BELLA

ON-DEMAND

4TH

THE BENEFITS OF 'DRY JANUARY'

BLOG



5TH

PELVIC FLOOR & CORE YOGA

WITH NADIA

ON-DEMAND

6TH

BREATH RESET

WITH MICHAEL

ON-DEMAND



7TH

FRESH SUMMER SALAD RECIPES

BLOG



8TH

STRETCH SESH TO STRESS LESS

WITH BEN

ON-DEMAND



9TH

HEALTHY BANANA SPLIT

RECIPE



10TH

QUICK AB-DEFINING CORE BURNER

WITH BECKY

ON-DEMAND



11TH

4 SIGNS YOU'RE NOT DRINKING ENOUGH WATER

BLOG



12TH

HOW TO FEEL FITTER, HEALTHIER & HAPPIER IN 2025

BLOG

WE WISH YOU ALL A SAFE, FIT AND HAPPY HOLIDAY BREAK FROM THE WHOLE TEAM AT LIVE LIFE GET ACTIVE

WE'LL SEE YOU BACK IN THE PARK IN 2025

QLD - 27th Jan

VIC - 28th Jan

NSW - 3rd Feb

WA - 5th Feb