



JEFF'S

BIG 26-HOUR WORKOUT

LEGEND



Earn Vitality points



HIIT / Pilates / Dance / Spinning



Kiddies workout



Run / walk



Yoga



Live music



Interviews / chats



Live cooking

SCHEDULE

29 - 30 JANUARY 2022

* Subject to change



7:30 - 7:45

Welcome Chat
with Johno & Juls



7:45 - 8:00

Live music
Me and Mr Green



8:00 - 8:45

HIIT Workout for RETT SA
with Johno & Juls



8:45 - 9:00

JEFF Stories
with Kate & RETT SA Foundation



9:00 - 9:10

JEFF Stories
with Johno

✓		9:15 - 9:45	HIIT Workout <i>with Louis & Ethitech Team</i>
		9:45 - 10:00	JEFF Stories <i>with Johno & RETT SA Foundation</i>
✓		10:00 - 10:30	Pilates for Athletes <i>with Dom</i>
		10:30 - 10:45	JEFF Stories <i>with Kate</i>
		10:45 - 11:00	Power Smoothie Blender Bike <i>with Johno & Adrian</i>
✓		11:00 - 11:40	Twice as Fierce Workout <i>with Juls & Kerry</i>
		11:40 - 12:00	Little Legends <i>Kids workout</i>
		12:00 - 12:15	Live Music <i>with "The One Who Sings" (Zolani Mahola)</i>
✓		12:15 - 12:45	Recovery Yoga <i>with Kathleen</i>
		12:45 - 13:15	Beauty Basics <i>with Juls</i>
		13:00	What's SUP Activation <i>with Coach Tarryn</i>
		13:15 - 13:45	Lunch Cook Along <i>with Adrian & Toni</i>
		13:45 - 14:00	Treadmill Session <i>with Johno, adidas & Technogym</i>
		14:00 - 14:15	Outdoor Walk <i>with Ed & Kate</i>
		14:15 - 14:30	The Ultimate Car Test <i>with Johno & SMG</i>
✓		14:30 - 15:00	Wolf Pack Workout <i>with Louis</i>
		15:00 - 15:15	JEFF Stories <i>with Jethro</i>
✓		15:15 - 15:45	High Burn Workout <i>with Edgar</i>
		15:45 - 16:15	JEFF TV <i>with Seri</i>
✓		16:15 - 17:00	Start Energised Workout <i>with Kate, the JEFF Angels & Ciplaton</i>

		17:00 - 17:15	Live Music
✓		17:15 - 17:45	JEFF Bump Workout with Dom
✓		17:45 - 18:15	Dance Class with Juls & Oleksii Ishchenko
		18:15 - 18:30	Live Music
✓		18:30 - 19:00	HIIT Workout Blizbokke vs JEFF Instructors
		19:00 - 19:30	JEFF Cook Off with Adrian
		19:30 - 20:00	Live Music
✓	 	20:00 - 21:00	START Challenge Workout Party with Kate, Seri & Goldfish
		21:00 - 21:15	Live Music
✓		21:15 - 21:45	Sunrise Sisters at Night Workout with Kate & Seri
		21:45 - 22:00	JEFF Street Boys with Louis
✓		22:00 - 22:45	KAGS Workout with Kate & Amy
✓		22:45 - 23:15	1000 Rep Challenge with Dom
		23:15 - 00:00	Spin to Win with Louis, Kate & Technogym
		00:00 - 00:30	Midnight Snack with Adrian & Kate
	 	00:30 - 01:30	Stay Awake Dance Party with Kate & JEFF Team
		01:30 - 02:00	Boxing 101 with Greg
		02:00 - 03:00	JEFF Games with Kate
✓		03:00 - 03:30	Strong Like a Lion Workout with Louis
		03:30 - 04:00	Treadmill Marathon with Dom & Technogym



04:00 - 04:30 **Dance Class**
with Amy



04:30 - 05:00 **Live Music**



05:00 - 05:45 **#5AM Club Workout**
with Kate & Lee



05:45 - 06:15 **Strength Booster Workout**
with Greg



06:15 - 06:45 **Sunrise Yoga**
with Kathleen



06:45 - 07:15 **Breakfast Cook**
with Adrian



07:15 - 07:45 **Run Dash**
with Juls & JEFF Team



07:45 - 08:45 **Gold Medal Workout**
with Johno



08:45 - 09:30 **Live Music**



09:30 - 10:00 **Final Countdown**
with Johno & Kate

