

MAIN STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.05am	Bootcamp		RPM		Bootcamp		
7am		<u>7 AM</u> HIIT Pilates express		HIIT BARRE Sculpt express			
9.00am	STRENGTH	<u>9.05 AM</u> F.I.T	BODYPUMP express	<u>9.05 AM</u> TABATA	RPM express	<u>8.40AM</u> BODYPUMP	
9.30am			RPM express		CORE express	BODYSTEP	
10:00am	Mat Pilates	Mum's & Bubs express	<u>10.05 AM</u> BARRE Sculpt express	Mat Pilates			<u>10.05 AM</u> MAT PILATES
11:00am	Upright & Active	Move & Stretch	Upright & Active	Move & Stretch	Upright & Active		
4.00pm							
4.30pm							<u>4.20 PM</u> SPIN express
5:00pm	CORE express	BARRE Sculpt express	BODYBALANCE	SPRINT express	Mat Pilates		
5.35pm	RPM			BODYPUMP express			
5:45pm		BODYPUMP	Boxing	<u>6.05 PM</u> BODYBALANCE express			

REFORMER PILATES STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	Reformer	Reformer	<u>6.15 AM</u> Reformer Jump Express	Reformer	Reformer		
7:00am		Reformer	Reformer				
8.40am						Reformer Jump	
10:00am		Reformer	Reformer	<u>11 AM</u> Mum's and Bub's Express	Reformer	<u>10.15 AM</u> Reformer	<u>10.30 AM</u> Reformer
4.30 PM		<u>4.45 PM</u> Reformer			Relaxation Reformer		
5.30 PM	<u>5PM</u> Reformer	<u>5.45 PM</u> Reformer	<u>5 PM</u> Reformer	<u>5 PM</u> Hybrid Express	Relaxation Reformer		
6PM	Reformer		Reformer	<u>6.30 PM</u> Reformer			

AQUA

	MON	TUES	WED	THURS	FRI	SAT	SUN
10.00am		Aqua F.I.T	<u>10.05AM</u> Aqua F.I.T	Aqua F.I.T	<u>10.05AM</u> Aqua F.I.T		
11:00am					Mermaids		
2.10pm		Mermaids					
6pm	Deep Water express			<u>5.45 PM</u> Deep Water express			