

MAIN STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.05am	Gym HIIT Circuit	BARRE	RPM		FUNCTIONAL STRENGTH		
7am		Pilates		BARRE		<u>8AM</u> SPRINT	
9.05am	FUNCTIONAL STRENGTH	F.I.T	BODYPUMP	Tabata	RPM	<u>8.40 AM</u> BODYPUMP	
10am	Mat Pilates	Parents & Bubs	BARRE	Mat Pilates	BODYBALANCE		<u>10.05 AM</u> MAT PILATES
11am	Upright & Active	Move & Stretch	Upright & Active	Move & Stretch	Upright & Active		
2pm							
4.15pm	Kids Dance						
5pm	RPM	BARRE	Foam Roller	CYCLE			<u>4.20PM</u> SPRINT
5:45pm	BODYBALANCE	FUNCTIONAL STRENGTH	Boxing				
6.30pm		DANCE					

AQUA

	MON	TUES	WED	THURS	FRI	SAT	SUN
10.00am		Aqua	Aqua	Aqua	Aqua		<u>10.15AM</u> Aqua
11:00am					Mermaids		
2.10pm		Mermaids					
6pm	<u>From 28<sup>th</sup> July</u> Deep Water			<u>5.45 PM</u> Deep Water			

REFORMER PILATES STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
6am		Reformer	Reformer	Reformer	Reformer		
7am	Reformer		Reformer				
8.40am						Reformer	
10am		Reformer	Reformer		Reformer	<u>10.15 AM</u> Reformer	Reformer
11AM				Parents & Bubs			Reformer
4.45 PM		Reformer		Reformer	<u>4.30 PM</u> Reformer Stretch		
5 PM	Reformer	<u>5.45 PM</u> Reformer	Reformer		<u>5.30 PM</u> Reformer Stretch		
6PM	Reformer		Reformer	Reformer			

All classes are 40 - 45 minutes. Please note that classes/instructors may need to be changed at short notice.