

MAIN STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.05am	Gym HIIT Circuit		RPM		FUNCTIONAL STRENGTH		
7am		Pilates		BARRE		8AM SPRINT	
9.05am	FUNCTIONAL STRENGTH	F.I.T	BODYPUMP	Tabata		8.40 AM BODYPUMP	
10am	Mat Pilates		BARRE	Mat Pilates	BODYBALANCE	9.30 AM BODYSTEP	10.05 AM MAT PILATES
11am	Upright & Active	Move & Stretch	Upright & Active	Move & Stretch	Upright & Active		
2pm							
4.15pm							
5pm	RPM	BARRE	Foam Roller	CYCLE			4.20PM SPRINT
5:45pm	BODYBALANCE	FUNCTIONAL STRENGTH	Boxing	FUNCTIONAL STRENGTH			
6.30pm		DANCE					

AQUA

	MON	TUES	WED	THURS	FRI	SAT	SUN
10.00am		Aqua	Aqua	Aqua	Aqua		10.15AM Aqua
11:00am					Mermaids		
2.10pm		Mermaids					
6pm				5.45 PM 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	10.15 AM Reformer	Reformer
12PM							11 AM Reformer
4.45 PM		Reformer		Reformer	4.30 PM Reformer Stretch		
5 PM	Reformer	5.45 PM Reformer	Reformer		5.30 PM 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.