

## MAIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05am	Gym Floor Circuit	Hi Energy Circuit	RPM	Hi Energy Circuit			
7:00am				BARRE			
8:00am			Upright & Active				
8:05am						BOOTCAMP	
9:05am	Functional Strength	F.I.T	BODYPUMP®	Tabata	RPM	BODYPUMP®	
10:00am	Mat Pilates		Mat Pilates	Pilates Roll & Release	Mat Pilates Strength		
10:05am							Mat Pilates
11:00am	Upright & Active	Move & Stretch	Upright & Active	Move & Stretch	Upright & Active		
4:00pm							BODYBALANCE®
4:30pm					Stretch & Align		
5:00pm	RPM	BARRE	Pilates Roll & Release	Mat Pilates			
5:50pm	BODYBALANCE®	SPRINT	Dance	Strength Development			
6:40pm	Boogiebounce						

## AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00am		Aqua	Aqua	Aqua	Aqua		
12:00pm				Mermaids			
2:10pm		Mermaids					
6:00pm	Deep Water			Deep Water			

## REFORMER PILATES STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		Reformer		Reformer	Reformer		
7:00am	Reformer		Reformer				
8:05am						Reformer	
9:00am			Reformer		Reformer		
10:00am		Reformer				Reformer	
11:00am							Reformer
3:00pm							Reformer
4:00pm				Reformer	Reformer Stretch		
4:45pm		Reformer				Reformer	
5:00pm	Reformer		Reformer		Reformer Stretch		
5:45pm		Reformer					
6:00pm	Reformer Stretch						
6:30pm			Reformer	Reformer			

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