



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
F-FIT 5.30	BOX FIT 5.30	F-FIT 5.30	BARRE FIT 5.30	KANGOO FIT 5.30
	KANGOO FIT 8.15	AERIAL STRETCH 8:15	RESTORATIVE YOGA 7.30	MORNING YOGA 6.00
	AERIAL STRETCH 8.45	THE WALL 8.45		AERIAL YOGA 8.15
	YOGA 9.30	YOGA 9.30	YOGA 9.30	THE WALL 8:15
F-FIT 9.30				FREE YOGA 9.30
				AERIAL YOGA 10.45
YOGA 16.30	BEGINNERS YOGA 16.30	THE WALL 16.00	YOGA 16.30	
AERIAL YOGA 16.30	THE WALL 16.30	KANGOO FIT 16.45	F-FIT 16.30	
	THE WALL 17.00			
	POLE JAM 17.30	YOGA 17.45	AERIAL FITNESS 17:45	HOT YOGA 17.45
YOGALATES 17.35	PILATES 17.35	BEGINNERS AERIAL 17.45	POLE SLING 17.45	POLE PRACTICE 17.45
HOT YOGA 18.45	VINYASA FLOW 18.45	HOT YOGA 18.45	HOOP & HAMMOCK 19.00	
		RESTORATIVE YOGA 18.45		

SATURDAY	SUNDAY
THE WALL 6.00	
KANGOO FIT 6.30	
THE WALL 7.00	
VINYASA YOGA 7.15	
F-FIT 7.30	
FUSION YOGA 8.30	
RESTORATIVE YOGA 8.30	
YIN YOGA 9.35	YOGA 9.30
BARRE FIT 9.45	
AERIAL YOGA 10.45	AERIAL YOGA 10.45
HAMMOCK MEDITATION 10.45	FREE YOGA 12.00
	BUNGEE FIT 14.00
	AERIAL YOGA 15.00

\*Schedule is subject to change



# REFORMER SCHEDULE

SEPTEMBER 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30	REFORMER 6.30am	REFORMER 6.30am	REFORMER 6.30am	REFORMER 6.30am			
7.30	REFORMER 7.30am	REFORMER 7.30	REFORMER 7.30		REFORMER 7.00am		
8.30	REFORMER 8.30am			REFORMER 8.30am		REFORMER 8.30am	
9.30	REFORMER 9.30am				REFORMER 9.30am	DEEP STRETCH 9.45am	
13.00		REFORMER 13.00pm		REFORMER 13.00pm			
14.00							
15.00							
16:30	REFORMER 16.30pm	DEEP STRETCH 16.00pm					
17:45	REFORMER 17.45pm		REFORMER 17.45pm				

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All Classes are 45 minutes



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16.00							<b>INT 1</b> <i>6 week Course</i> 4pm
17.00							<b>BEGINNERS</b> <i>6 week Course</i> 5pm
17.30		<b>POLE JAM</b> <i>Casual Class</i> 5.30pm					
17:45				<b>POLE SLING</b> <i>Casual Class</i> 5.45pm	<b>POLE PRACTICE</b> <i>Casual Class</i> 5.45pm		
18.30		<b>ADVANCED</b> <i>6 week Course</i> 6.30pm					
18.45				<b>BEGINNERS</b> <i>6 week Course</i> 6.45pm			
				<b>BEGINNERS</b> <i>Casual Class</i> 6.45pm			

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