

MONDAY

TUESDAY

WEDNESDAY





THURSDAY

FRIDAY

SATURDAY

SUNDAY

STUDIO ONE

5.10am	Met-Con Express		Met-Con Express			
5.45am	Barbell Conditioning	Athletic	Met-Con	Cycle/Cardio	Boxing	
6.45am	Athletic (Express)	FHIIT				
9.30am	Strong		Boxing	Met-Con	Athletic	
10.30am	Mature Movers	Mature Strength	Mature Walkers	Mature Strength		
11.15am		Fitball Pilates			Mature Movers	
12.15pm					Met-Con	
12.50pm	Insane (30min)		Boxing	Barbell Conditioning		
5.30pm				FHIIT		
6.30pm		Strong				

**Bring a friend
for FREE
Ask us how**

MIND & BODY

6.00am	Hot 26 (Express)		Yin Yoga		Hot 26 (Express)	
7.30am						Hot 26 (Express)
9.30am						Hot Pilates
9.45am Studio 1	Hot 26 (Express)	Hot 26 (Express)	Hot 26 (Express)	Hot 26 (Express)	Hot 26 (Express)	Hot 26 (Express)
9.45am Studio 2	Yin Yoga	Yogalates	Power Yoga	Yin Yoga		Power Yoga
12.15pm	Balance	Hot Pilates	Barre	Pilates		
1.00pm		Yoga		Barre	Yoga	
4.00pm						Hot 26 (90min)
4.30pm	Vinyasa Flow	Barre				
5.45pm	Hot 26 (90min)	Power Yoga	Hot 26 (90min)	Vinyasa Flow	Power Yoga	
6.30pm Studio 2	Pilates	Slow Flow				
7.30pm		Hot 26 (Express)		Hot 26 (Express)		

CYCLE

8.30am						Cycle 45
12.15pm	Cycle 30		Cycle 30	Cycle 30	Cycle 30	
12.50pm		Cycle/Cardio				
5.30pm		Cycle 45				
6.30pm	Cycle 45					

**CRÈCHE HOURS
BOOKINGS ESSENTIAL**

Monday, Tuesday, Wednesday, Thursday Mornings 9.00am - 1.00pm Afternoons 4.00pm - 7.30pm
Friday Mornings 9.00am - 1.00pm
Saturday Mornings 7.00am - 11.00am

