



## Class Schedule - Effective Jan 2025

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Reformer	Mat/Barre	Reformer	Mat/Barre	Reformer	Mat/Barre	Reformer	Mat/Barre	Reformer	Mat/Barre	Reformer	Mat/Barre	Reformer	Mat/Barre
5.00am	Total				Total				Total					
5.30am			Strength				Triple A							
6.00am	Strength				Jump	Mat			Strength	Barre	Total			
6.30am			Triple A	Barre			Total	Mat						
7.00am	Total				Total				Total		Jump		Triple A	
7.30am			Stretch				Total							
8.00am	Stretch				Triple A				Stretch		Total	Mat	Total	
8.30am			Total			Contrology	Jump							
9.00am	Total				Total				Total		Total	Mat	Stretch	
9.30am			Triple A				Total	Barre						
10.00am											Contrology		Total	
10.30am							Mums & Bubs							
11.00am											Intro		Total	
12.30pm	X-press		X-press				X-press							
4.30pm	Total		Total		Triple A		Total		Stretch					
5.30pm	Triple A	Mat	Strength	Mat	Total	Mat	Triple A	Barre	Total					
6.30pm	Total	Mat	Jump	Stretch	Strength	Stretch	Stretch	Barre						
7.30pm					Intro									

**All classes are 45 minutes duration. Doors open 10 minutes before scheduled start time.  
No admittance 5 minutes after scheduled start time. Timetable subject to change**