

MON		TUES		WED	
6AM	Reformer	6AM	Performance Circuit	6AM	Reformer
7AM	Reformer			7AM	Reformer
8AM	Reformer	8AM	Reformer	8AM	Reformer
9AM	Matwork	9AM	Reformer	9AM	Reformer
10AM	Senior Balance	5PM	Reformer	9AM	Matwork
5PM	Reformer	6PM	Reformer	10AM	Senior Balance
6PM	Stretch	7PM	Mens Core Fitness	5PM	Reformer
7PM	Reformer			6PM	Performance Circuit
THURS		FRI		SAT	
6AM	Reformer	6AM	Reformer	8AM	Youth Circuit
7AM	Reformer	7AM	Reformer	9AM	Reformer
8AM	Reformer	8AM	Reformer	10AM	Reformer
9AM	Matwork	9AM	Reformer		
4PM	Youth Circuit	10AM	Senior Balance	SUN	
5PM	Reformer			8AM	Reformer
6PM	Performance Circuit			9AM	Matwork
7PM	Men's Reformer				

ALL CLASSES - 45MIN

*Specialised classes Not included in memberships
The Physio Class - Thurs 10AM