












| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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|---|--|--|---|--|--|--------------------------|
| 6:00am Vinyasa Flow | | | | 6:15am Vinyasa Flow | | |
| 9:15am Pilates - Mat  | 8:15am Slow Flow Yoga | 9:15am Barre Attack/Circuit (alternating weeks)   | 9:15am Pilates  | 9:15am Suspension Circuit   | 8:45am Vinyasa - Level 1 | 8:15am Chair Yoga |
| 10:30am Kangatraining  | 9:30am Mums & Bubs Yoga  | | | 10:30am Kangatraining  | 10:00am Pilates  | 9:15am Vin & Yin Yoga |
| 11:45am Free Mum's Group  | | | 11:00am Free Mum's Group  | | 11:15am Slow Flow (Beginner) | |
| 5:15pm Suspension Circuit  | | 5:15pm Suspension Circuit  | | | | 4:00pm Yin Yoga |
| 6:00pm Pilates - Mat | 6:00pm Barre Attack | 6:15pm Myofascial Release Yoga | 6:30pm Vinyasa | | | |
| 7:15pm Prenatal Yoga | 7:00pm Sculpt Pilates | 7:30pm Yin & Meditation | | | | |



Family Friendly Class



Comfortable Footwear Required