

STUDIO TIMETABLE

MON

☉ AM

8.00	Rebalanced Body (Stacey)
9.00	Rebalanced Body (Stacey)
10.00	Strong at every stage Mum's & 50+ (Madi)
10.00	Diabetes & Beyond Functional fitness circuit
11.00	Functional Fitness 50+ (Tam)
11.00	Strength Program (Madi)

☉ PM

1.00	Clinical Exercise (Maz/Madi/Tam)
5.30	Jumpboard (Matt)
6.30	Jumpboard (Matt)

TUES

☉ AM

5.30	JumpStart (Maz) Core Combo
6.15	JumpStart (Maz) Core Combo
7.45	Clinical Exercise (Maz)
8.30	Clinical Group Lead Exercise (Maz)
9.30	HIIT Pilates (Maz)
10.30	Functional Fitness (Chantelle)

☉ PM

1.30	Clinical Exercise (Tam/Chantelle)
4.00	Strength Reformer (Rach)
5.00	Strength Reformer (Rach)
5.50	Strength Reformer (Rach)

WED

☉ AM

5.30	Awake & Align (Rach)
6.15	Awake & Align (Rach)
8.30	Full Body Reformer (Madi)
9.30	Full Body Reformer (Madi)
10.30	Golden Oldies (Tam)

☉ PM

12.00	Clinical Exercise (Madi/Tamara)
4.30	Stretch & Flow Reformer (Maz)
5.30	Stretchy & Strong (Maz)
6.30	Stretchy & Strong (Maz)

THURS

☉ AM

5.30	Rebalanced Body (Maz)
6.15	Rebalanced Body (Maz)
7.45	Clinical Exercise (Maz)
9.30	Strength (Tam) Reformer
10.30	Functional Fitness (Chantelle)

☉ PM

12.30	Functional Fitness (Chantelle)
1.00	Strength Program (Tam)
4.30	Foundations Reformer (Chantelle)
4.30	Weights Circuit (Rach)
5.30	Full Body Reformer (Rach)
6.30	Full Body Reformer (Rach)

FRI

☉ AM

5.30	Weights Circuit (Rach)
6.15	Weights Circuit (Rach)
8.30	Full Body Flow (Stacey)
9.30	Full Body Flow (Stacey)

SAT

☉ AM

5.30	Full Body Reformer (Maz)
6.30	Full Body Reformer (Maz)
7.30	Full Body Reformer (Maz)
8.30	Full Body Reformer (Maz)



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SCAN TO BOOK

TIMETABLE KEY

ALL LEVELS

ADVANCED CLASS

HEALTH FUND CLAIMABLE

UPSTAIRS GYM

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*Timetable is subject to change.