



AUGUST 2022

DROP IN FITNESS & PILATES APPARATUS

* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 CLOSED	2 6:00 PUREPSYCLE 9:15 LENGTH & STRENGTH 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONG 12:00 PUREPSYCLE 5:15 BENCH n BELLS 6:30 BARRESCULPT	3 9:15 PILATES MAT 10:30 PILOXING 5:15 CIRCUIT 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:05 EXPRESS BUTTS n GUTS	4 6:00 PUREPSYCLE 9:15 PILATES APPARATUS 9:15 RIPPED RIDE 10:30 BUTTS n GUTS 5:15 PILATES APPARATUS 6:00 #STRONG	5 6:00 BARRESCULPT 9:15 STRENGTH FOR LIFE 10:30 TRXSTRENGTH & CARDIO	6 8:45 PUREPSYCLE 9:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS <i>Childminding 8:15 - 11:15</i>	
7 8:30 RAISE THE BARRE 9:00 CIRCUIT <i>No Childminding Sundays</i>	8 9:15 BENCH n BELLS 9:15 PILATES MAT 10:30 FLOW 5:15 STRENGTH FOR LIFE 6:00 RIPPED RIDE 6:00 PILATES APPARATUS 7:15 YOGA - Peaceful FLOW	9 6:00 PUREPSYCLE 9:15 LENGTH & STRENGTH 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONG 12:00 PUREPSYCLE 5:15 BENCH n BELLS 6:30 BARRESCULPT	10 9:15 PILATES MAT 10:30 PILOXING 5:15 CIRCUIT 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:05 EXPRESS BUTTS n GUTS	11 6:00 PUREPSYCLE 9:15 PILATES APPARATUS 9:15 RIPPED RIDE 10:30 BUTTS n GUTS 5:15 PILATES APPARATUS 6:00 #STRONG	12 9:15 STRENGTH FOR LIFE 9:15 PUREPSYCLE 10:30 TRXSTRENGTH & CARDIO	13 8:45 PUREPSYCLE 9:00 PILOXING 10:00 #STRONG <i>Childminding 8:15 - 11:15</i>	
14 8:30 RAISE THE BARRE 9:00 TRXSTRENGTH & CARDIO <i>No Childminding Sundays</i>	15 9:15 PUREPSYCLE 9:15 PILATES MAT 10:30 FLOW 5:15 PILOXING 6:00 RIPPED RIDE 6:00 PILATES APPARATUS 7:15 YOGA - Peaceful FLOW	16 6:00 PUREPSYCLE 9:15 LENGTH & STRENGTH 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONG 12:00 PUREPSYCLE 5:15 BENCH n BELLS 6:30 BARRESCULPT	17 9:15 PILATES MAT 10:30 PILOXING 5:15 CIRCUIT 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:05 EXPRESS BUTTS n GUTS	18 6:00 PUREPSYCLE 9:15 PILATES APPARATUS 9:15 RIPPED RIDE 10:30 BUTTS n GUTS 5:15 PILATES APPARATUS 6:00 #STRONG	19 6:00 BARRESCULPT 9:15 STRENGTH FOR LIFE 10:30 TRXSTRENGTH & CARDIO	20 8:45 PUREPSYCLE 9:00 PILOXING 10:00 #STRONG 10:30 ESSENTRICS <i>Childminding 8:15 - 11:15</i>	
21 8:30 RAISE THE BARRE 9:00 CIRCUIT <i>No Childminding Sundays</i>	22 9:15 BENCH n BELLS 9:15 PILATES MAT 10:30 FLOW 5:15 STRENGTH FOR LIFE 6:00 RIPPED RIDE 6:00 PILATES APPARATUS 7:15 YOGA - Peaceful FLOW	23 6:00 PUREPSYCLE 9:15 LENGTH & STRENGTH 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONG 12:00 PUREPSYCLE 5:15 BENCH n BELLS 6:15 BARRESCULPT	24 9:15 PILATES MAT 10:30 PILOXING 5:15 CIRCUIT 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:05 EXPRESS BUTTS n GUTS	25 6:00 PUREPSYCLE 9:15 PILATES APPARATUS 9:15 RIPPED RIDE 10:30 BUTTS n GUTS 5:15 PILATES APPARATUS 6:00 #STRONG	26 9:15 STRENGTH FOR LIFE 9:15 PUREPSYCLE 10:30 TRXSTRENGTH & CARDIO	27 8:45 PUREPSYCLE 9:00 PILOXING 10:00 #STRONG <i>Childminding 8:15 - 11:15</i>	
28 8:30 RAISE THE BARRE 9:00 TRXSTRENGTH & CARDIO <i>No Childminding Sundays</i>	29 9:15 PUREPSYCLE 9:15 PILATES MAT 10:30 FLOW 5:15 PILOXING 6:00 RIPPED RIDE 6:00 PILATES APPARATUS 7:15 YOGA - Peaceful FLOW	30 6:00 PUREPSYCLE 9:15 LENGTH & STRENGTH 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONG 12:00 PUREPSYCLE 5:15 BENCH n BELLS 6:15 BARRESCULPT	 PILATES APPARATUS CLASSES \$28.50 ^{gst} per class (NOT included)  DROP IN PILATES MAT & FITNESS CLASSES			BOOM BOOM ROOM HOURS Monday - Friday mornings 9:00am - 12:00pm Saturday morning 8:15am - 11:15am Monday - Thursday evening 5:00pm - 8:00pm	

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