

* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:15 PILATES MAT 9:15 BENCH & BELLS 10:30 CARDIO FLOW 10:30 BEGINNER APP 5:15 PILOXING 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:30 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW	6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 BARRE SCULPT 9:15 PILATES APPARATUS 10:30 #STRONGER 10:30 PILATES APPARATUS 4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 8:15 BETTER BACKS & HIPS	9:15 JUNGLE BODY 9:15 SUPER CIRCUIT 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW 5:15 #STRONGER 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:10 TRX STRENGTH TRAINING	6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:15 SOCIAL-CISE - SUPER CIRCUIT 6:15 PILATES APPARATUS	6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE 5:15 YOGA - YIN AFTERGLOW FRIDAY FLOW	8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 PILATES APPARATUS 10:30 ESSENTRICS 11:30 JUNGLE BODY Childminding 8:15 - 11:15
7	8	9	10	11	12	13
8:15 RAISE THE BARRE 8:15 BIKER GANG (55 min.) 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE 12:15 TOP GUNS N GUTS No Childminding Sundays	9:15 PILATES MAT 9:15 RAISE THE BARRE 10:30 CARDIO FLOW 10:30 BEGINNER APP 5:15 STEP AEROBICS 6:00 BIKE HIIT 6:15 JUNGLE BODY 6:30 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW	6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 BARRE SCULPT 9:15 PILATES APPARATUS 10:30 #STRONGER 10:30 PILATES APPARATUS 4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 8:15 BETTER BACKS & HIPS 6:15 POP UP CLASS - ZUMBA & POUND	9:15 JUNGLE BODY 9:15 SUPER CIRCUIT 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW 5:15 BENCH & BELLS 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:10 TRX STRENGTH TRAINING	6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:15 SOCIAL-CISE - SUPER CIRCUIT 6:15 PILATES APPARATUS	6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE 5:15 YOGA - YIN AFTERGLOW FRIDAY FLOW	8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 PILATES APPARATUS 11:30 JUNGLE BODY Childminding 8:15 - 11:15
14	15	16	17	18	19	20
8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE 12:15 BUTTS N GUTS No Childminding Sundays	9:15 PILATES MAT 9:15 BENCH & BELLS 10:30 CARDIO FLOW 10:30 BEGINNER APP 5:15 PILOXING 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:30 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW	6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 BARRE SCULPT 9:15 PILATES APPARATUS 10:30 #STRONGER 10:30 PILATES APPARATUS 4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 8:15 BETTER BACKS & HIPS	9:15 JUNGLE BODY 9:15 SUPER CIRCUIT 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW 5:15 #STRONGER 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:10 TRX STRENGTH TRAINING	6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 EXPRESS PSYCLE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:15 SOCIAL-CISE - SUPER CIRCUIT 6:15 PILATES APPARATUS	6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE 5:15 YOGA - YIN AFTERGLOW FRIDAY FLOW	8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 PILATES APPARATUS 10:30 ESSENTRICS 11:30 JUNGLE BODY Childminding 8:15 - 11:15
21	22	23	24	25	26	27
8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE 12:15 TOP GUNS N GUTS No Childminding Sundays	9:15 PILATES MAT 9:15 RAISE THE BARRE 10:30 CARDIO FLOW 10:30 BEGINNER APP 5:15 STEP AEROBICS 6:00 BIKE HIIT 6:15 JUNGLE BODY 6:30 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW	6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 BARRE SCULPT 9:15 PILATES APPARATUS 10:30 #STRONGER 10:30 PILATES APPARATUS 4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 8:15 BETTER BACKS & HIPS	9:15 JUNGLE BODY 9:15 SUPER CIRCUIT 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW 5:15 BENCH & BELLS 5:30 PILATES MAT 6:30 EXPRESS PSYCLE 7:10 TRX STRENGTH TRAINING	6:00 PURE PSYCLE 9:15 PILATES APPARATUS 9:15 RIPPED RIDE 10:30 BUTTS n GUTS 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:15 SOCIAL-CISE - SUPER CIRCUIT 6:15 PILATES APPARATUS	6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 10:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE 10:30 POP UP CLASS - GARUDA FUSION 5:15 YOGA - YIN AFTERGLOW FRIDAY FLOW	8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 PILATES APPARATUS 11:30 JUNGLE BODY Childminding 8:15 - 11:15
28	29	30	<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p> PILATES APPARATUS CLASSES \$28.50+get per class (NOT included with fitness class passes)</p> <p> DROP IN PILATES MAT & FITNESS CLASSES</p> <p> POP UP CLASSES - DROP IN FEE</p> <p> 6 WEEK REGISTERED SESSION</p> </div> <div style="width: 65%;"> <p>BOOM BOOM ROOM HOURS Monday - Friday mornings 9:00am - 12:00pm Saturday morning 8:15am - 11:15am Monday, Wednesday & Thursday evening 4:45 - 7:45pm Tuesday evenings 4:00 - 7:45pm</p> </div> </div>			
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