

October 2024

DROP IN FITNESS & PILATES APPARATUS

* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
<p>PILATES APPARATUS CLASSES \$28.50+gst per class (NOT included with fitness class passes)</p> <p>DROP IN PILATES MAT & FITNESS CLASSES</p> <p>6 WEEK REGISTERED SESSION</p>		6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER 4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 #STRONGER	9:15 #STRONGER CIRCUIT 9:15 BARRE STRONG 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW 4:30 POWER HOUR - TEEN 5:15 #STRONGER 5:30 PILATES MAT 5:45 EXPRESS PSYCLE 6:20 TRX STRENGTH TRAINING	6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:00 RIDE CORE + FLOW 6:15 STEP 6:15 PILATES APPARATUS	6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE 5:00 YOGA	8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 ESSENTRICS 10:15 PILATES APPARATUS 11:30 JUNGLE BODY
6	7	8	9	10	11	12
8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE No Childminding	9:15 RAISE THE BARRE 9:15 PILATES MAT 10:30 BEGINNER APP 10:30 CARDIO FLOW 5:15 PILATES APPARATUS 5:15 STRONG & STABLE 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW	6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER 4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 #STRONGER	9:15 #STRONGER CIRCUIT 9:15 BARRE STRONG 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW 4:30 POWER HOUR - TEEN 5:15 INTERVAL FIT 5:30 PILATES MAT 5:45 EXPRESS PSYCLE 6:20 TRX STRENGTH TRAINING	6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:00 RIDE CORE + FLOW 6:15 STEP 6:15 PILATES APPARATUS	6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE 5:00 YOGA	8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 ESSENTRICS 10:15 PILATES APPARATUS 11:30 JUNGLE BODY
13	14	15	16	17	18	19
8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE No Childminding	STUDIO CLOSED HAPPY THANKSGIVING!	6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER 4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 #STRONGER 6:15 BETTER BACKS	9:15 #STRONGER CIRCUIT 9:15 BARRE STRONG 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW 4:30 POWER HOUR - TEEN 5:15 #STRONGER 5:30 PILATES MAT 5:45 EXPRESS PSYCLE 6:20 TRX STRENGTH TRAINING	6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:00 RIDE CORE + FLOW 6:15 STEP 6:15 PILATES APPARATUS	6:00 BARRE SCULPT 9:15 STRENGTH FOR LIFE 9:30 TRX STRENGTH & CARDIO 10:30 YOGABARRE 5:00 YOGA	8:45 PURE PSYCLE 9:00 PILOXING 10:00 #STRONGER 10:15 ESSENTRICS 10:15 PILATES APPARATUS 11:30 JUNGLE BODY
20	21	22	23	24	25	26
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27	28	29	30	31	Childminding Hours Monday - Friday morning 9:00am - 12:00pm Saturday morning 8:15am - 11:15am Monday, Wednesday & Thursday evening 4:45 - 7:45pm Tuesday evening 4:00 - 7:45pm	
8:15 RAISE THE BARRE 9:30 RIPPED RIDE & ROLL 11:00 BIKER BARRE No Childminding	9:15 INTERVAL FIT 9:15 PILATES MAT 10:30 BEGINNER APP 10:30 CARDIO FLOW 5:15 PILATES APPARATUS 5:15 STEP 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 PILATES APPARATUS 7:15 YOGA - PEACEFUL FLOW	6:00 PURE PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER 4:15 CARDIO FLOW 5:15 BARRE SCULPT 5:15 PILATES APPARATUS 6:15 #STRONGER 6:15 BETTER BACKS	9:15 #STRONGER CIRCUIT 9:15 BARRE STRONG 9:15 PILATES MAT 10:30 YOGA - PEACEFUL FLOW 4:30 POWER HOUR - TEEN 5:15 #STRONGER 5:30 PILATES MAT 5:45 EXPRESS PSYCLE 6:20 TRX STRENGTH TRAINING	6:00 PURE PSYCLE 9:15 RIPPED RIDE 9:15 PILATES APPARATUS 10:30 BUTTS n GUTS 4:15 PILATES APPARATUS 5:15 STRENGTH FOR LIFE 5:15 PILATES APPARATUS 6:00 RIDE CORE + FLOW 6:15 STEP 6:15 PILATES APPARATUS		

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