



## Mat & Barre Class Schedule - Effective Nov 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6.00am</b>	Mat HIIT	Barre	Mat Pilates	Mat Pilates	Barre		
<b>7.00am</b>	Slow Flow Stretch Mat		Slow Flow Stretch Mat		Barre	Barre	
<b>8.00am</b>						Mat Pilates	
<b>9.00am</b>		Mat Pilates		Barre			
<b>10.00am</b>							
<b>4.30pm</b>	Barre	Mat Pilates	Contrology – Original Matwork Moves				
<b>5.30pm</b>	Mat HIIT	Barre	Contrology – Original Matwork Moves				
<b>6.30pm</b>	Mat Pilates		Slow Flow Stretch Mat				

*All classes are 45 minutes duration. Doors open 10 minutes before scheduled start time. Timetable subject to change*