



Mat & Barre Class Schedule - Effective June 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am			Mat Pilates		Barre		
6.30am		Barre		Mat Pilates			
7.00am			Mat Pilates				
8.00am						Mat Pilates	
9.00am			Contrology – Original Matwork Moves			Mat HIIT	
9.30am				Barre			
5.30pm	Mat HIIT	Barre	Contrology – Original Matwork Moves				
6.30pm			Slow Flow Stretch Mat				

***All classes are 45 minutes duration. Doors open 10 minutes before scheduled start time.
No admittance 5 minutes after scheduled start time. Timetable subject to change***