



Class Schedule - Effective April 2025

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Reformer	Mat/Barre	Reformer	Mat/Barre	Reformer	Mat/Barre	Reformer	Mat/Barre	Reformer	Mat/Barre	Reformer	Mat/Barre	Reformer	Mat/Barre
5.00am	Strength								Total					
5.30am			Strength		Total		Strength							
6.00am	Strength								Total					
6.30am			AAA	Barre	Total	Mat	Total							
7.00am	Total								Total		Jump		AAA	
7.30am			Stretch		Total		Total							
8.00am									AAA		Total	Mat	Total	
8.30am			Total		AAA									
9.00am	Total								Total		Total		Stretch	
9.30am			AAA				Total							
10.00am	Restore								Restore		Total		Total	
10.30am														
11.00am											Intro			
12.30pm			X-press				X-press							
4.30pm	Total		Total		AAA		Total		Stretch					
5.30pm	AAA			Mat	Total			Barre	Total					
6.30pm	Total		Total		Strength		Total							
7.30pm							Intro							

PLEASE NOTE THIS PDF IS ONLY INDICATIVE OF THE TIMETABLE AND CAN CHANGE – PLEASE GO TO THE LIVE SCHEDULE ONLINE FOR CURRENT CLASSES

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