

MAIN STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
Before work		6.30-7.15am ELEVATE		6.15-7.00am DEFINE			
	9.30-10.15am ELEVATE				9.30-10.15am DEFINE	9.00-9.45am ELEVATE	9.00-9.45am DEFINE
During the day		10.30-11.15am Barre+1 pre & post natal		10.30-11.15am Barre+1 pre & post natal			
	12.15-1.00pm DEFINE		12.15-1.00pm DEFINE	12.15-1.00pm ELEVATE			
		4.30-5.15pm FUNDAMENTALS					
	5.30-6.15pm ELEVATE	5.30-6.15pm DEFINE	5.30-6.15pm ELEVATE	5.30-6.15pm DEFINE	5.30-6.30pm RESTORE		
After work	6.30-7.15pm DEFINE	6.30-7.15pm ELEVATE	6.30-7.15pm DEFINE	6.30-7.15pm FUNDAMENTALS			

- All classes are 45mins, except for RESTORE (60mins)
- Classes which don't meet minimum numbers may be cancelled at owner's or instructor's discretion

STUDIO 2

	MON	TUES	WED	THURS	FRI	SAT	SUN
Before work	7.00-7.45am ALIGN 1		7.30-8.15am ALIGN 1		8.00-8.45am ALIGN 2		
		9.30-10.15am ALIGN 1	9.30-10.15am ALIGN 2	9.30-10.15am ALIGN 1		8.00-8.45am ALIGN 1	
During the day	10.30-11.15am ALIGN 1		10.30-11.15am ALIGN 1	10.30-11.15am ALIGN 1	10.30-11.15am ALIGN 1		10.00-10.45am ALIGN 1
		12.15-1.00pm ALIGN 1				10.00-10.15am ALIGN 1	11.00-11.45am ALIGN 1
	4.30-5.15pm ALIGN 1			4.30-5.15pm ALIGN 2			
	5.30-6.15pm ALIGN 2	5.30-6.15pm ALIGN 1	5.30-6.15pm ALIGN 1	5.30-6.15pm ALIGN 1			
After work	6.30-7.15pm ALIGN 1	6.30-7.15pm ALIGN 2	6.30-7.15pm ALIGN 1	6.30-7.15pm ALIGN 1	6.45-7.15pm ALIGN 1		

- All classes are 45 mins, except for RESTORE (60mins)
- Classes which don't meet minimum numbers may be cancelled at owner's or instructor's discretion