

# TERM 4 CLASSES

## Monday

### ONLINE MATWORK

All Levels

5:30pm - 6:15pm

Coach: **JIM**

### STRENGTH & CONDITIONING

All Levels

5:20pm - 6:05pm

Coach: **ANDY**

### CYCLEFIT STRENGTH & CONDITIONING

All Levels

6:30pm - 7:15pm

Coach: **ALYSHA**

## Tuesday

### MATWORK

All Levels

12:30pm - 1:15pm

Coach: **JIM**

### REFORMER

Level 1 - 2

5:30pm - 6:15pm

Coach: **JIM**

### MATWORK

All Levels

6:30pm - 7:15pm

Coach: **JIM**

## Wednesday

### MATWORK

All Levels

5:30pm - 6:15pm

Coach: **ALEX**

### MATWORK

All Levels

6:30pm - 7:15pm

Coach: **ALEX**

## Thursday

### REFORMER

Levels 2 - 3

12:30pm - 1:15pm

Coach: **JIM**

### REFORMER

Levels 2 - 3

5:30pm - 6:15pm

Coach: **JIM**

### MATWORK

All Levels

6:30pm - 7:15pm

Coach: **JIM**