

TERM 2 CLASSES

GUNGAHLIN

Monday

REFORMER

Level 1 - 2

12:30am - 1:15pm

Coach: **ALEX**

ONLINE MATWORK

All Levels

5:30pm - 6:15pm

Coach: **JIM**

STRENGTH & CONDITIONING

All Levels

5:20pm - 6:05pm

Coach: **ANDY**

MATWORK

All Levels

6:15pm - 7:00pm

Coach: **EMILY**

Tuesday

MATWORK

All Levels

12:30pm - 1:15pm

Coach: **JIM**

REFORMER

Levels 1 - 2

5:30pm - 6:15pm

Coach: **JIM**

MATWORK

All Levels

6:30pm - 7:15pm

Coach: **JIM**

Wednesday

MUMS 'N' BUBS

All Levels

11:00am - 11:45am

Coach: **ALEX**

MATWORK

All Levels

5:30pm - 6:15pm

Coach: **ALYSHA**

CYCLEFIT

All Levels

6:30pm - 7:15pm

Coach: **ALYSHA**

Thursday

MATWORK

All Levels

7:00am - 7:45am

Coach: **EMILY**

REFORMER

Levels 1 - 2

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**

Friday

DIABETES LIFE

All Levels

11:15am - 12:15pm

Coach: **ALYSHA**

Saturday

REFORMER

Levels 1 - 2

8:00am - 8:45am

Coach: **ALEX**

MATWORK

All Levels

9:00am - 9:45am

Coach: **ALEX**

MATWORK

All Levels

12:00pm - 12:45pm

Coach: **ALYSHA**

CITY