

TERM 3 CLASSES

GUNGAHLIN

Monday

BETTER BACK
All Levels
12:30pm-1:15pm
 Coach: **LACHIE**

STRENGTH & CONDITIONING
All Levels
5:20pm - 6:05pm
 Coach: **ANDY**

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

MATWORK
All Levels
5:30pm - 6:15pm
 Coach: **ALEX**

REFORMER
Levels 1 - 2
12.30pm - 1:15pm
 Coach: **JIM**

REFORMER
Levels 2 - 3
5:30pm - 6:15pm
 Coach: **ALEX**

MATWORK
All Levels
6:30pm - 7:15pm
 Coach: **ALEX**

Friday

DIABETES LIFE
All Levels
12:30pm - 1:15pm
 Coach: **JORDYN**

Saturday

REFORMER
Levels 1-2
8:00am - 8:45am
 Coach: **ALEX/JIM**

MATWORK
All Levels
9:00am - 9:45am
 Coach: **ALEX/JIM**

CITY WEST

STRENGTH & CONDITIONING
All Levels
5:20pm - 6:05pm
 Coach: **JORDYN**