

Monday

Tuesday

Wednesday

Thursday

Friday

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

STRONG BONES
All Levels
11:00am - 11:45am
Coach: **JORDYN**

STRENGTH & CONDITIONING
All Levels
12:00 - 12:45
Coach: **JORDYN**

REFORMER
Levels 1 - 2
12:30pm - 1:15pm
Coach: **SAM**

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

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

REFORMER
Levels 1 - 2
5:30pm - 6:15pm
Coach: **JIM**

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

BETTER BACK
All Levels
6:00 - 6:45pm
Coach: **LACHIE**

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

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