

	6:30am	7:30am	8:30am	9:30am	10:30am	11:30am	12:30pm	1:30pm	2:30pm	3:30pm	4:30pm	5:30pm	6:20pm
Monday	6:30am Flex FIT Bella	7:30am Flex FIT Bella		9:30am Flex FIT Bella	10:30am Flex FIT Olivia	11:30am Flex FIT Olivia	12:30pm Flex FIT Alice	1:30pm Senior FIT Jeannie	2:30pm Senior FIT Jeannie		4:30pm FITNESS Pilates Olivia	5:30pm Flex FIT Alice	
Tuesday		7:30am Flex FIT Olivia	8:30am Flex FIT Olivia	9:30am Flex FIT Sarah	10:30am Flex FIT Olivia	11:30am Flex FIT Sarah (BF)	12:30pm Flex FIT Sarah	1:30pm Flex FIT Scott	2:30pm Flex FIT Bella	3:30pm Flex FIT Olivia	4:30pm Flex FIT Sarah	5:30pm Flex FIT Sarah	6:20pm Flex FIT Sarah
Wednesday		7:30am Flex FIT Bella		9:00am Flex FIT Sarah	10:00am Flex FIT Sarah	11:00am Flex FIT Olivia		1:30pm Flex FIT Alice	2:30pm Senior FIT Jeannie		4:30pm Flex FIT Alice	5:30pm FITNESS Pilates Olivia	6:20pm Flex FIT Alice
Thursday	7:00am Flex FIT Olivia	7:50am Flex FIT Olivia	8:40am Flex FIT Olivia	9:30am Flex FIT Sarah	10:30am Flex FIT Sarah	11:30am Flex FIT Flick (BF)	12:30pm Flex FIT Olivia	1:30pm Flex FIT Olivia	2:30pm Senior FIT Isaac	3:30pm Flex FIT Bella	4:30pm Flex FIT Bella	5:30pm FITNESS Pilates Alice	6:20pm Flex FIT Alice
Friday	6:30am FITNESS Pilates Alice	7:30am Flex FIT Alice	8:30am FITNESS Pilates Alice	9:30am Flex FIT Sonia	10:30am Flex FIT Sonia	11:30am Senior FIT Jeannie	12:30pm Flex FIT Sonia	1:30pm Flex FIT Bella	2:30pm Senior FIT Bella				
Saturday		7:40am FITNESS Pilates	8:30am Flex FIT	9:20am Flex FIT	10:10am Flex FIT	11:00am Flex FIT							

Class duration 45 minutes. Bookings essential for all classes. Bookings are NOT automatic; you must book online or at reception.

Notice of cancellation is required 12 hours prior to your booked class or a cancellation fee will be charged. **BF (Baby Friendly) FITNESS (Reformer Pilates)**