



SPRING CLASS SCHEDULE



MONDAY

7am **STRONG BODY IN BALANCE** Lana

8am **XTREME RIDE**
Mike

9:30am **IYENGAR YOGA**
Maryna

12pm **CYCLE & STRONG**
Laura

4:30pm **FUNCTIONAL FITNESS** Michelle

5:30pm **INDOOR CYCLE**
Laura

6:45pm **IYENGAR YOGA**
Maryna

TUESDAY

6am **STRONG BODY IN BALANCE** Emma

7am **STRONG BODY IN BALANCE** Emma

8:00am **SUNRISE YOGA**
Tiffanie

9:30am **STRONG BODY IN BALANCE** Emma

10:30am **MOM & BABY - MOVERS & GROOVERS** Sophie

12:00pm **YIN YOGA**
Jasmine

2:00pm **IYENGAR YOGA**
Maryna

5:15pm **CORE + MOBILITY**
Lana

6:15pm **FUNCTIONAL FITNESS** Michelle

7:15pm **SLOW VINYASA**
Jasmine

WEDNESDAY

7:00am **FLOW-YO**
Brandon

8:00am **VINYASA YOGA**
Jasmine

9:30am **INDOOR CYCLE**
Laura

12pm **PILATES - HIIT**
Sophie

5:15pm **FUNCTIONAL FITNESS** Michelle

6:15pm **LOWER BODY BLAST PILATES** Tiffanie

7:30pm **IYENGAR YOGA**
Maryna

THURSDAY

6am **STRONG BODY IN BALANCE** Emma

7am **STRONG BODY IN BALANCE** Lana

8am **CORE + MOBILITY**
Lana

9:30am **STRONG BODY IN BALANCE** Emma

12pm **CYCLE & STRONG**
Laura

5:15pm **PLAY STRONG**
Brandon

6:15pm **TRX**
Lana

7:15pm **INDOOR CYCLE**
Mike

8:15pm **YOGALATES**
Adelaide

FRIDAY

6am **PLAY STRONG**
Brandon

7am **VINYASA YOGA**
Jasmine

8am **PILATES FLOW**
Tiffanie

9:30am **IYENGAR YOGA**
Maryna

11:00am **MOM & BABY - STRONGMOMMY** Lana

COMING SOON

12pm **STRONG BODY IN BALANCE** Chelsea

5pm **CYCLE + STRETCH**
Laura

6:45pm **IYENGAR YOGA**
Maryna

SATURDAY

9am **STRONG BODY IN BALANCE**
Emma

10am **INDOOR CYCLE** Laura

11am **VINYASA YOGA** Jasmine

6:45pm **IYENGAR YOGA** Maryna

SUNDAY

8am **VINYASA YOGA DECONSTRUCTED** Rose

9:30am **IYENGAR YOGA** Maryna

11:15am **STRONG BODY IN BALANCE** Chelsea

12:15pm **INDOOR CYCLE** Chelsea

2:00pm **STRONG BODY REMIX** Chelsea

8:00pm **RESTORATIVE YOGA** Adelaide

\$60

UNLIMITED INTRO MONTH