

Class Timetable | Port Macquarie



Morning Sessions

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 AM			Mat				
6:30 AM	Group Equipment						
7:00 AM					Group Equipment		
7:30 AM							
8:00 AM						Mat	
8:30 AM							
9:00 AM	Mat		Group Equipment	Mat Foundations	Group Equipment		
9:30 AM							
10:00 AM	Group Equipment						
10:30 AM							

Lunch Sessions

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12:00 PM	Mums&Bubs				Pilates/Yoga		
12:30 PM				Group Equipment			
1:00 PM	Pilates/Yoga	Mat/Barre (Express options)	Group Equip (Express option)				
1:30 PM							

Afternoon Sessions

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
4:00 PM							Sunday Arvo Mat & Stretch
4:30 PM							
5:00 PM		Mat Foundations					
5:30 PM	Group Equipment	Group Equipment	Mat (int)	Barre Attack	Barre Attack		
6:00 PM							
6:30 PM	Barre Attack						
7:00 PM							