

Class Timetable | Port Macquarie



Morning Sessions

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 AM		Group Equipment					
6:30 AM		Group Equipment					
7:00 AM	Group Equipment				Group Equipment		
7:30 AM	Group Equipment				Group Equipment		
8:00 AM						Mat/Barre (Express option)	
8:30 AM							
9:00 AM	Mat		Group Equipment		Group Equipment		
9:30 AM	Mat		Group Equipment		Group Equipment		
10:00 AM	Group Equipment						
10:30 AM	Group Equipment						

Lunch Sessions

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

Afternoon Sessions

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