

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM	6:00AM Mat Pilates	6:00AM Studio Circuit Pilates	6:00AM Reformer Pilates	6:00AM Ref/Mat Pilates		6:00AM Reformer Pilates	
8:30am		7:00 AM Reformer Pilates				Lyndal ALL Level MIX Class PRACTICE	
9:30am	CRECHE Lyndal ALL LEVEL MIX Class PRACTICE	9:00AM Reformer Pilates	CRECHE	9:30AM Barre Pilates	CRECHE 9:30AM Mat Pilates	9:00AM INTRO Reformer Pilates	
10:30am	CRECHE April LYRA Inter/Pre/ Adv PRACTICE	10:00AM Yoga	CRECHE 10:30AM Studio Circuit 10:30AM Mum's & Bubs	10:30AM Reformer Pilates	CRECHE 10:30AM Reformer Pilates	10:00AM Reformer Pilates	
11:30am							

**** PLEASE NOTE - Pilates classes cannot be used for catch up classes ****

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00pm Pole Studio	<p># BOOKED #</p> <p>Jess LYRA Pre Adv</p> <p>PRACTICE</p>	<p>April LYRA Adv</p> <p>Lyndal Fitness Circuit</p> <p>Leisha Floorwork</p>	<p>5:00PM Yoga</p> <p>Meshell FloorBaby</p> <p>Hayley Static & Transitions</p> <p>Gabby Inter 2 Skills</p>	<p>4PM & 5PM Reformer Pilates</p> <p>5pm Mix Pre 2 & 3 Skills</p> <p>Jess LYRA Pre Adv 2</p> <p>Lyndal Pre 2 Dance</p> <p>PRACTICE</p>	<p>4:15pm Kid's Class</p> <p>5 pm Teen's Class</p>		
Pilates	<p>6:30PM Ref/Mat Pilates</p>	<p>7:00PM Adv Mat Pilates</p>	<p>7:00PM Reformer Pilates</p>	<p>7:00PM Mat & Props Pilates</p>			
7:00pm Pole Studio	<p>Amanda Inter 2 Dance</p> <p>Lyndal Beginners</p> <p>Dianne Pre 2 Skills</p>	<p>Lyndal Adv Skills</p> <p>Jess LYRA Beg / Inter</p> <p>PRACTICE</p>	<p>Sassy Int 1 Dance</p> <p>Gabby Pre 3 Dance</p> <p>Hayley Pre 1 Skills</p>	<p>April LYRA DANCE</p> <p>Lyndal Pre 3 Skills</p> <p>PRACTICE</p>			
Pilates	<p>7:30PM Reformer Pilates</p>			<p>8:00PM Reformer Pilates</p>			
8:00pm Pole Studio	<p>Dianne Pre 1 Dance</p> <p>Amanda Int 1 Skills</p> <p>PRACTICE</p>		<p>Mikayla Floorwork</p>				

Term 1: 13th Jan – 9th Mar 2025