

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM					7:00AM Strength Training		
8:30am						Lyndal ALL Level Pole MIX Class PRACTICE	
9:30am	CRECHE Gabby ALL LEVEL Pole MIX Class Lyndal Beginners Pole PRACTICE	9:00AM Reformer Pilates	CRECHE PRACTICE 9:30AM Reformer Pilates	9:30AM Barre Pilates	CRECHE 9:30AM Mat Pilates	9:00AM INTRO Reformer Pilates	
10:30am	April LYRA All Levels Skills CRECHE PRACTICE		CRECHE Lyndal Beginners Pole 10:30AM Studio Circuit 10:30AM Mum's & Bubs		CRECHE 10:30AM Reformer Pilates	10:00AM Reformer Pilates	
11:30am 12:30pm	CRECHE 11:30AM Strength Training		CRECHE 12:30PM Yoga	12:30PM Reformer	CRECHE		

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00pm Pole Studio	<div style="border: 2px solid black; padding: 5px; text-align: center; color: magenta; font-weight: bold;"># BOOKED #</div> <div style="background-color: yellow; padding: 5px; text-align: center;">Jess LYRA Pre Adv</div> <div style="background-color: red; padding: 5px; text-align: center;">Bree Heels</div>	<div style="background-color: cyan; padding: 5px; text-align: center;">6:00PM Reformer Pilates</div> <div style="background-color: yellow; padding: 5px; text-align: center;">April LYRA Advanced</div> <div style="background-color: lightgreen; padding: 5px; text-align: center;">Lyndal Fitness Circuit</div> <div style="border: 2px solid black; padding: 5px; text-align: center;">PRACTICE</div>	<div style="background-color: cyan; padding: 5px; text-align: center;">6:00PM Studio Circuit</div> <div style="background-color: magenta; padding: 5px; text-align: center;">Sassy Beginners</div> <div style="border: 2px solid black; padding: 5px; text-align: center;">PRACTICE</div>	<div style="background-color: limegreen; padding: 5px; text-align: center;">5pm Mix Pre 2 & 3 Skills</div> <div style="background-color: yellow; padding: 5px; text-align: center;">April LYRA Pre Adv 2</div> <div style="background-color: pink; padding: 5px; text-align: center;">Lyndal Pre 3 Skills</div> <div style="background-color: limegreen; padding: 5px; text-align: center;">Rach Pre 2 Skills</div>	<div style="background-color: lightgrey; padding: 5px; text-align: center;">4:15pm Kid's Class</div> <div style="background-color: lightgrey; padding: 5px; text-align: center;">5 pm Teen's Class</div> <div style="border: 2px solid black; padding: 5px; text-align: center;">PRACTICE</div>		
Pilates	<div style="background-color: cyan; padding: 5px; text-align: center;">7:00PM Reformer Pilates</div>	<div style="background-color: cyan; padding: 5px; text-align: center;">7:00PM Adv Reformer</div>	<div style="background-color: cyan; padding: 5px; text-align: center;">7:00PM Reformer Pilates</div>	<div style="background-color: cyan; padding: 5px; text-align: center;">7:00PM Mat & Props Pilates</div>			
7:00pm Pole Studio	<div style="background-color: peachpuff; padding: 5px; text-align: center;">Dianne Inter 1 Skills</div> <div style="background-color: magenta; padding: 5px; text-align: center;">Lyndal Beginners</div> <div style="background-color: lavender; padding: 5px; text-align: center;">Amanda Advanced Skills</div>	<div style="background-color: yellow; padding: 5px; text-align: center;">April LYRA Beginner / Inter</div> <div style="background-color: lightgreen; padding: 5px; text-align: center;">Amanda Flex</div> <div style="background-color: red; padding: 5px; text-align: center;">Leisha Floor Baby</div>	<div style="background-color: peachpuff; padding: 5px; text-align: center;">Sassy Inter 1 Dance</div> <div style="background-color: red; padding: 5px; text-align: center;">Mikayla Floorwork</div> <div style="border: 2px solid black; padding: 5px; text-align: center; color: magenta; font-weight: bold;"># BOOKED #</div>	<div style="background-color: lightblue; padding: 5px; text-align: center;">Lyndal Inter 2 Skills</div> <div style="background-color: yellow; padding: 5px; text-align: center;">April LYRA Dance</div> <div style="background-color: yellow; padding: 5px; text-align: center;">Rach Pre 1 Skills</div>			
Pilates		<div style="background-color: cyan; padding: 5px; text-align: center;">8:00PM Reformer Pilates</div>		<div style="background-color: cyan; padding: 5px; text-align: center;">8:00PM Reformer Pilates</div>			
8:00pm Pole Studio	<div style="background-color: limegreen; padding: 5px; text-align: center;">Amanda Pre 2 Dance</div> <div style="background-color: yellow; padding: 5px; text-align: center;">Dianne Pre 1 Dance</div> <div style="background-color: lightblue; padding: 5px; text-align: center;">Lyndal Inter 2 Dance</div>	<div style="background-color: pink; padding: 5px; text-align: center;">Lyndal Pre 3 Dance</div> <div style="background-color: peachpuff; padding: 5px; text-align: center;">Leisha Inter 1 Skills</div> <div style="border: 2px solid black; padding: 5px; text-align: center;">PRACTICE</div>					

Term 3: 4th May 2026 – 28 June 2026