

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM					7:00AM Strength Training		
8:30am						Lyndal ALL Level Pole MIX Class	
9:30am	<p>CRECHE</p> <p>Gabby ALL LEVEL Pole MIX Class</p> <p>Lyndal Beginners Pole</p> <p>PRACTICE</p>	9:00AM Reformer Pilates	<p>CRECHE</p> <p>PRACTICE</p> <p>9:30AM Reformer Pilates</p>	9:30AM Barre Pilates	<p>CRECHE</p> <p>9:30AM Mat Pilates</p>	9:00AM INTRO Reformer Pilates	
10:30am	<p>April LYRA All Levels Skills</p> <p>CRECHE</p> <p>PRACTICE</p>		<p>CRECHE</p> <p>Lyndal Beginners Pole</p> <p>10:30AM Studio Circuit</p> <p>10:30AM Mum's & Bubs</p>		<p>CRECHE</p> <p>10:30AM Reformer Pilates</p>	10:00AM Reformer Pilates	
11:30am 12:30pm	<p>CRECHE</p> <p>11:30AM Strength Training</p>		<p>CRECHE</p> <p>12:30PM Yoga</p>	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	# BOOKED # Jess LYRA Pre Adv Bree Heels	6:00PM Reformer Pilates April LYRA Advanced Lyndal Fitness Circuit	6:00PM Studio Circuit Sassy Beginners	5pm Mix Pre 2 & 3 Skills April LYRA Pre Adv 2 Lyndal Pre 3 Skills Rach Pre 2 Skills	4:15pm Kid's Class 5 pm Teen's Class PRACTICE		
Pilates	7:00PM Reformer Pilates	7:00PM Adv Reformer	7:00PM Reformer Pilates	7:00PM Mat & Props Pilates			
7:00pm Pole Studio	Dianne Inter 1 Skills Lyndal Beginners Amanda Advanced Skills	April LYRA Beginner / Inter Amanda Flex Leisha Floor Baby	Sassy Inter 1 Dance Mikayla Floorwork	Lyndal Inter 2 Skills April LYRA Dance Rach Pre 1 Skills			
Pilates		8:00PM Reformer Pilates		8:00PM Reformer Pilates			
8:00pm Pole Studio	Amanda Pre 2 Dance Dianne Pre 1 Dance Lyndal Inter 2 Dance	Lyndal Pre 3 Dance					

Term 3: 4th May 2026 – 28 June 2026