

	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 Reformer Pilates	
10:30am	April LYRA All Levels Skills CRECHE PRACTICE		CRECHE Lyndal Beginners Pole 10:30AM Studio Circuit 10:30AM Mum's & Bubs	10:30AM Reformer Pilates	CRECHE 10:30AM Reformer Pilates		
11:30am 12:30pm	CRECHE 11:30AM Strength Training		CRECHE 12:30PM Yoga		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: 1px solid black; padding: 2px; text-align: center;"># BOOKED #</div> <div style="background-color: yellow; padding: 2px; text-align: center;">Jess LYRA Pre Adv</div> <div style="background-color: red; padding: 2px; text-align: center;">Bree Heels</div>	<div style="background-color: cyan; padding: 2px; text-align: center;">6:00PM Adv Ref Pilates</div> <div style="background-color: yellow; padding: 2px; text-align: center;">April LYRA Advanced</div> <div style="background-color: lightgreen; padding: 2px; text-align: center;">Lyndal Fitness Circuit</div> <div style="background-color: magenta; padding: 2px; text-align: center;">Leisha Beginners</div>	<div style="background-color: lightgrey; padding: 2px; text-align: center;">4:00pm Kid's Lyra Class</div> <div style="background-color: red; padding: 2px; text-align: center;">Sassy Floor Baby</div> <div style="background-color: lightgreen; padding: 2px; text-align: center;">Rach Pre 2 Skills</div> <div style="background-color: lightgreen; padding: 2px; text-align: center;">Amanda Flex</div>	<div style="background-color: cyan; padding: 2px; text-align: center;">5:00PM Reformer Pilates</div> <div style="background-color: limegreen; padding: 2px; text-align: center;">5pm Mix Pre 2 &amp; 3 Skills</div> <div style="background-color: yellow; padding: 2px; text-align: center;">Jess LYRA Pre Adv 2</div> <div style="background-color: peachpuff; padding: 2px; text-align: center;">Lyndal Inter 1 Skills</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">PRACTICE</div>	<div style="background-color: lightgrey; padding: 2px; text-align: center;">4:15pm Kid's Class</div> <div style="background-color: lightgrey; padding: 2px; text-align: center;">5 pm Teen's Class</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">PRACTICE</div>		
Pilates	<div style="background-color: cyan; padding: 2px; text-align: center;">7:00PM Reformer Pilates</div>	<div style="background-color: cyan; padding: 2px; text-align: center;">7:00PM Reformer Pilates</div>	<div style="background-color: cyan; padding: 2px; text-align: center;">7:00PM Reformer Pilates</div>	<div style="background-color: cyan; padding: 2px; text-align: center;">7:00PM Mat &amp; Props Pilates</div>			
7:00pm Pole Studio	<div style="background-color: peachpuff; padding: 2px; text-align: center;">Leisha Inter 1 Dance</div> <div style="background-color: magenta; padding: 2px; text-align: center;">Lyndal Beginners</div> <div style="background-color: pink; padding: 2px; text-align: center;">Dianne Pre 3 Skills</div>	<div style="background-color: yellow; padding: 2px; text-align: center;">April LYRA Beginner / Inter</div> <div style="background-color: lightblue; padding: 2px; text-align: center;">Leisha Inter 2 dance</div> <div style="background-color: pink; padding: 2px; text-align: center;">Amanda Pre 3 Dance</div>	<div style="background-color: red; padding: 2px; text-align: center;">Mikayla Floorwork</div> <div style="background-color: yellow; padding: 2px; text-align: center;">Rach Pre 1 Dance</div> <div style="border: 1px solid black; padding: 2px; text-align: center;"># BOOKED #</div>	<div style="background-color: yellow; padding: 2px; text-align: center;">April LYRA Dance</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">PRACTICE</div>			
Pilates		<div style="background-color: cyan; padding: 2px; text-align: center;">8:00PM Reformer Pilates</div>		<div style="background-color: cyan; padding: 2px; text-align: center;">8:00PM Reformer Pilates</div>			
8:00pm Pole Studio	<div style="background-color: limegreen; padding: 2px; text-align: center;">Lyndal Pre 2 Dance</div> <div style="background-color: yellow; padding: 2px; text-align: center;">Dianne Pre 1 Skills</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">PRACTICE</div>	<div style="background-color: lightpurple; padding: 2px; text-align: center;">Lyndal Advanced Skills</div> <div style="background-color: lightblue; padding: 2px; text-align: center;">Leisha Inter 2 Skills</div> <div style="background-color: red; padding: 2px; text-align: center;">Kahlia ADV Floorwork</div>					

**Term 4: 29<sup>th</sup> June 2026 – 23<sup>rd</sup> August 2026**