

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00pm Pole Studio	<p># BOOKED #</p> <p>Jess LYRA Pre Adv</p> <p>PRACTICE</p>	<p>Amanda Transitions</p> <p>April LYRA Adv</p> <p>Lyndal Fitness Circuit</p> <p>Leisha FloorBaby</p>	<p>Sassy Int 1 Dance</p> <p>Hayley Pre 3 Dance</p> <p>PRACTICE</p>	<p>5pm Mix Pre 2&3 Skills</p> <p>Lyndal Stretch</p> <p>Jade Pre 3 Skills</p> <p>Gabby Pre 2 Dance</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 Mat & Props Pilates</p>			
7:00pm Pole Studio	<p>Dianne Pre 1 Skills</p> <p>Jess Int 1 Skills</p> <p>Lyndal Pre 2 Skills</p>	<p>Mel Invert Bootcamp</p> <p>Jess LYRA Beg / Inter</p> <p>Amanda Adv Skills</p>	<p>Rach Inter 2 Dance</p> <p>Liz Pre 1 dance</p> <p>Hayley Floorwork</p>	<p>April LYRA DANCE</p> <p>Gabby Beginners</p> <p>PRACTICE</p>			
Pilates	<p>7:30PM Reformer Pilates</p>	<p>8:00PM Reformer Pilates</p>		<p>8:00PM Reformer Pilates</p>			
8:00pm Pole Studio	<p>Dianne Inter 2 Skills</p> <p>PRACTICE</p>						

Term 5: 26th August – 20th October 2024