

	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 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	Jess LYRA Pre Adv # BOOKED # PRACTICE	6:00PM Adv Ref Pilates April LYRA Advanced Lyndal Fitness Circuit Leisha Inter 1 Skills	4:00pm Kid's Lyra Class 5:00PM Reformer Lyndal Beginners Rach Pre 2 Dance Sassy FloorBaby	5:00PM Reformer 5pm Mix Pre 2 & 3 Skills April LYRA Pre Adv 2 Amanda Pre 1 Dance PRACTICE	4:15pm Kid's Class 5 pm Teen's Class PRACTICE		
Pilates	7:00PM Reformer Pilates	7:00PM Reformer Pilates	7:00PM Reformer Pilates	7:00PM Mat & Props Pilates			
7:00pm Pole Studio	Bree Heels Jess Beginners Dianne Pre 3 Dance	Kahlia Floorwork Leisha Inter 2 Skills Amanda Flex	Mikayla Floorwork Rach Pre 2 Skills # BOOKED #	April LYRA Dance Amanda Pre 1 Skills PRACTICE			
Pilates				8:00PM Reformer Pilates			
8:00pm Pole Studio	Lyndal Inter 1 Dance Dianne Pre 3 Skills Jess LYRA Beginner / Inter	Leisha Inter 2 Dance Lyndal Advanced Skills PRACTICE					

Term 5: 24th August – 18th October 2026