

	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 Lyndal 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	CRECHE PRACTICE April ALL LEVEL LYRA Class		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># BOOKED #</div> <div>Jess LYRA Pre Adv</div> <div>PRACTICE</div>	<div>6:00PM Reformer Pilates</div> <div>Rach Pre 1 Skills</div> <div>April LYRA Advanced</div> <div>Lyndal Fitness Circuit</div>	<div>6:00PM Studio Circuit</div> <div>Sassy Inter 1 Dance</div> <div>Amanda Inter 2 Dance</div> <div>PRACTICE</div>	<div>5pm Mix Pre 2 & 3 Skills</div> <div>6:00PM Reformer Pilates</div> <div>Jess LYRA Pre Adv 2</div> <div>Lyndal Pre 2 Dance</div>	<div>4:15pm Kid's Class</div> <div>5 pm Teen's Class</div> <div>PRACTICE</div>		
Pilates	<div>7:00PM Reformer Pilates</div>	<div>7:00PM Adv Reformer</div>	<div>7:00PM Reformer Pilates</div>	<div>7:00PM Mat & Props Pilates</div>			
7:00pm Pole Studio	<div>Amanda Flex</div> <div>Dianne Advanced Skills</div> <div>Jess Beginners</div>	<div>April LYRA All Levels Skills</div> <div>Rach Inter 2 Skills</div> <div>Lyndal Beginners</div>	<div>Amanda Pre 3 Dance</div> <div>Mikayla Floor Baby</div> <div>PRACTICE</div>	<div>Lyndal Pre 3 Skills</div> <div>April LYRA Dance</div> <div>PRACTICE</div>			
Pilates		<div>8:00PM Reformer Pilates</div>		<div>8:00PM Reformer Pilates</div>			
8:00pm Pole Studio	<div>Dianne Floorwork</div> <div>Lyndal Pre 1 Dance</div> <div>Amanda Inter 1 Skills</div>	<div>Lyndal Pre 2 Skills</div> <div>PRACTICE</div>	<div>Mikayla Floorwork</div> <div>PRACTICE</div>				

Term 6: 20th October - 14th December 2025