

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

Term 6: 19th October – 13th December 2026