



ADULTS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	BALLET 8:00-8:55				BARRE 8:00-8:55	
		BARRE 9:00-9:55	BODY PUMP LES MILLS 9:00-9:55	LATIN MIX 9:00-9:55		BODY PUMP LES MILLS 9:00-9:40
				BARRE 11:00-11:55		YOGA 9:45-10:25
LUNCH		BODY BALANCE LES MILLS 12:30-13:25		HIIT & STRETCH 12:00-12:45	STREET DANCE 12:00-12:55	LATIN MIX 10:30-11:10
	CORE 13:00-13:45		BALLET 13:00-13:55	HATHA YOGA 13:00-13:55	BODY BALANCE LES MILLS 13:00-13:55	BARRE 11:15-11:55
	BALLROOM BEATS 17:45-18:40	HIIT 17:45-18:30				
EVENING	BARRE 17:45-18:40			MUSICALS WORKOUT 17:45-18:40		
	DANCE WORKOUT 18:45-19:40	ZUMBA 18:45-19:40	BODY BALANCE LES MILLS 18:45-19:40	BODY PUMP LES MILLS 18:45-19:40		
	PILATES 18:45-19:40	TAP (BEGINNERS) 18:45-19:40	JAZZ 18:45-19:40			
	STREET DANCE 19:45-20:40	BALLET 19:45-20:40	PILATES 19:45-20:40	VINYASA YOGA 19:45-20:40		
	VINYASA YOGA 19:45-20:40	TAP (INTERMEDIATE) 19:45-20:40				

BOOK ONLINE:

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SUBJECT TO CHANGE & REDUCE DURING HOLIDAY PERIODS OR OTHER TIMES. SEE WEBSITE FOR UP TO DATE CLASS SCHEDULE.

ONLINE BOOKING ESSENTIAL.

NO COMMITMENT

SESSION BUNDLES OF 5, 10 OR 20 (VALID FOR 6 MONTHS) AND USE ON ANY CLASSES, OR UNLIMITED SESSIONS NO CONTRACT.