

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY						
	Studio 2	Studio 3	Studio 2	Studio 3	Studio 2	Studio 3	Studio 2	Studio 3	Studio 2	Studio 3	Studio 2	Studio 3					
6:00am																	
6:15am			6:00am 60 minutes Intermediate Cher		6:15am 60 minutes Intermediate Adrian		6:15am 60 minutes Intermediate Lucy										
6:30am																	
6:45am																	
7:00am				7:00am 60 minutes Open Corrective Exercises Cher								7:00am 60 minutes Open Corrective Exercises Cher					
7:15am																	
7:30am																	
7:45am																	
8:00am											8:00am 60 minutes Intermediate Cher/Lucy						
8:15am																	
8:30am																	
8:45am																	
9:00am	9:00am 60 minutes Intermediate Cher			9:00am 60 minutes Open Corrective Exercises Cher			9:00am 60 minutes Open Corrective Exercises Alissa	9:00am 60 minutes Open Corrective Exercises Evan	9:00am 60 minutes Open Corrective Exercises Evan	9:00am 60 minutes Intermediate Ingrid/Lucy							
9:15am																	
9:30am																	
9:45am			9:30am 60 minutes Intermediate Zehra				9:30am 60 minutes Intermediate Evan										
10:00am					9:45am 60 minutes Intermediate Evan	10:00am 60 minutes (KLT) Kinetic Link Training Blaise		10:00am 60 minutes (KLT) Kinetic Link Training Blaise	10:00am 60 minutes Intermediate Evan								
10:15am																	
10:30am																	
10:45am																	
11:00am		11:00am 60 minutes Open Corrective Exercises Cher				11:00am 60 minutes Open Corrective Exercises Cher											
11:15am																	
11:30am																	
11:45am																	
12:00pm				12:00pm 60 minutes Parent & Bub Zehra	12:00pm 45 minutes Express Intermediate Kristy/Blaise												
12:15pm																	
12:30pm																	
12:45pm																	

** Please note Timetable is subject to change

** During school holidays we run a reduced timetable schedule – Updated timetable available on the Fix Muscle Performance App

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Studio 2	Studio 3	Studio 2	Studio 3	Studio 2	Studio 3	Studio 2	Studio 3	Studio 2	Studio 3	Studio 2	Studio 3
1:00pm												
1:15pm												
1:30pm												
1:45pm												
2:00pm												
2:15pm												
2:30pm												
2:45pm												
3:00pm												
3:15pm												
3:30pm												
3:45pm												
4:00pm												
4:15pm												
4:30pm												
4:45pm	4:30pm 60 minutes Intermediate <i>Lucy</i>		4:30pm 60 minutes Intermediate <i>Ingrid</i>		4:30pm 60 minutes Intermediate <i>Adrian</i>		4:30pm 60 minutes Intermediate <i>Evan</i>					
5:00pm												
5:15pm												
5:30pm	5:30pm 60 minutes Intermediate <i>Evan</i>	5:30pm 60 minutes Open Corrective Exercises <i>Cher</i>	5:30pm 60 minutes Intermediate <i>Blaise</i>	5:30pm 60 minutes Open Corrective Exercises <i>Evan</i> Start 7 Aug	5:30pm 60 minutes Intermediate <i>Kristy/Adrian</i>	5:30pm 60 minutes 5 week Beginner Essentials <i>Ingrid</i> Start 25.7.18 to 22.8.18	5:30pm 60 minutes Intermediate <i>Cher</i>	5:30pm 60 minutes Pregnancy <i>Zehra</i>				
5:45pm												
6:00pm												
6:15pm												
6:30pm	6:30pm 60 minutes Intermediate <i>Evan</i>	6:30pm 60 minutes Intermediate <i>Lucy</i>	6:30pm 60 minutes Intermediate <i>Evan</i>	6:30pm 60 minutes (KLT) Kinetic Link Training <i>Blaise</i>	6:30pm 60 minutes Intermediate <i>Adrian</i>		6:30pm 60 minutes Intermediate <i>Kristy/Lucy</i>	6:30pm 60 minutes Open Corrective Exercises <i>Cher</i>				
6:45pm												
7:00pm												
7:15pm												
7:30pm	7:30pm 60 minutes Slow Intermediate <i>Evan</i>	7:30pm 60 minutes 5 week Beginner Essentials <i>Lucy</i> Start 16.7.18 to 13.8.18										
7:45pm												
8:00pm												
8:15pm												

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