

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|----------------------------|-----------------|---------------------------------|----------------|---------------------------|------------------|------------------|
| 6:00am - 7:00am | Bodyweight Class Maisie | Mobility Maisie | Bodyweight Class Corey | Handstands Mat | Bodyweight Class Corey | | |
| 7:00am - 8:00am | Beginner Bodyweight Maisie | | Beginner Bodyweight Corey | | Beginner Bodyweight Corey | | |
| 8:00am - 9:00am | | | | | Open gym Corey | Mobility Maisie | |
| 9:00am - 10:00am | | | | | Mums and Bubs Corey | Calisthenics Ana | Calisthenics Ana |
| 10:00am - 11:00am | | | | | | Open gym Ana | Mobility Mat |
| 11:00am - 12 noon | | | | | | | Handstands Mat |
| 12 noon - 1:00pm | | | | | | | Open gym Mat |
| 1:00pm - 2:00pm | | | | | | | Open gym Mat |
| 2:00pm - 3:00pm | | | | | | | Open gym Mat |
| 3:00pm - 4:00pm | | | | | | | Open gym Mat |
| 4:00pm - 5:00pm | | | | | | | Open gym Mat |
| 5:00pm - 5:30pm | Bodyweight Class Ana | | Strength and conditioning Corey | | | | |
| 5:30pm - 6:00pm | | | | | Bodyweight Class Maisie | | |
| 6:00pm - 6:30pm | Bodyweight Class Ana | | Strength and conditioning Corey | | | | |
| 6:30pm - 7:00pm | | | | | | | |
| 7:00pm - 8:00pm | Open gym Mat | | Open gym Mat | | | | |