

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 7:00am	Bodyweight Class Maisie	Mobility Maisie	Bodyweight Class Mat	Handstands Mat	Bodyweight Class Corey		
7:00am - 8:00am	Beginner Bodyweight Maisie		Beginner Bodyweight Mat		Beginner Bodyweight Corey		
8:00am - 9:00am					Open gym Corey	Mobility Maisie	
9:00am - 10:00am					Mums and Bubs Corey	Calisthenics Oscar	Bodyweight Class Ana
10:00am - 11:00am						Yoga Oscar	Mobility Mat
11:00am - 12 noon						Open gym Oscar	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 Oscar		Bodyweight Class Rod				
5:30pm - 6:00pm					Bodyweight Class Corey		
6:00pm - 6:30pm	Bodyweight Class Oscar		Bodyweight Class Rod				
6:30pm - 7:00pm							
7:00pm - 8:00pm	Open gym Oscar		Open gym Rod				