| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------------------|---------------|--------------------|-------------------------|--------------------|----------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | Pump | Total Fitness | Pump | Pilates | Pilates | Pump |
| | 09:30am | 09:30am | 09:30am | 09:30am | 09:30am | 09:30am |
| | | | | | | |
| | | | | | | |
| ر | Pilates 10:30am | | Pilates 10:30am | Adult Ballet 10:30am | Pilates 10:30am | |
| 2 | 10.004 | | 10.00411 | 10.004111 | 10.004111 | |
| 2 | | | | | | |
| 7 | Pilates | | Pilates | | | |
| | 6:00pm | | 6:00pm | | | |
| | | | | | | |