

FREQUENCY

CLASS TIMETABLE

📍 1/280 Racecourse rd, Flemington

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Member Select	Level 1 Full Body	Member Select	Flow	Core Express	Stretch	Member Select
6:00am	Beginner	Core Express	Level 1 Full Body Strongfit		Lower Body Strong	Beginner	Athletic
7:00am	Frequency Reformer	Frequency Reformer	Member Select	Frequency Reformer	Frequency Reformer	Core Express	Level 1 Full Body
8:00am	Level Full Body	Member Select	Athletic	Flow	Athletic		Beginner
8:30am						Frequency Reformer	
9:30am	Frequency Reformer	Member Select	Frequency Reformer	Member Select	Frequency Reformer		Level 1 Full Body
11:30am	Post Natal	Beginner	Pre natal	Post Natal	Cardio Blast	Cardio Blast	Cardio Blast
12:30pm	Frequency Reformer	Member Select	Frequency Reformer	Full Body	Member Select	Member Select	Arms & Back
1:30-4pm	Member Select	Member Select	Member Select	Member Select	Member Select	Member Select	Member Select
4:00pm	Arms Back Express	Core Express	Cardio Blast Express	Arms Back Express	Lower Body Burn	Cardio Blast	Lower Body Burn
5:00pm	Lower Body Burn	Athletic 5:30 Kickfit	Arms Back Express	Athlthica	Athletic	Member Select	Member Select
6:00pm		Frequency Reformer	Core Express Strong Fit 30min	Core Express KickFit	Full Body	Full Body	Athletic
6:30pm	Frequency Reformer		Frequency Reformer				
7:00pm		Frequency Reformer		Frequency Reformer	Beginner	Stretch	Member Select
8:30pm	Beginner	Foundation	Cardio Blast	Post Natal	Pre natal		Stretch
9:30pm-4:30am	Member Select	Member Select	Member Select	Member Select	Member Select	Member Select	Member Select

- Frequency Reformer with Instructor
- Virtual classes in colour
- Express classes 30mins