

MYGYM Class Time Table

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 8:50 Strength & Sculpt **Briana**	**10:15 - 11:05** Post-Natal Strength & Sculpt **Briana**	**8:00 - 8:50** Strength & Sculpt **Briana**	Available for Personal Training	**8:00 - 8:50** Strength & Sculpt **Briana**		
9:15 - 10:05 Strength & Sculpt **Briana**	**11:30 - 12:20** Strength & Sculpt **Sarah**	**9:15 - 10:05** Pilates + Strength **Talitha**	**9:15 - 10:05** Morning Lift **Sarah**	**9:00 - 9:50** Strength & Sculpt **Briana**	**9:30 - 10:20** Saturday Sculpt **Briana**	**9:30 - 10:20** Strength & Sculpt **Briana**
10:15 - 11:05 Barre Sculpt **Dalya**	**12:30 - 13:20** Lunchtime Lift **Sarah**	**10:15 - 11:05** Strength & Sculpt **Sarah**	**10:15 - 11:05** Pilates + Strength **Talitha**	**10:00 - 10:50** Pilates + Strength **Talitha**	**10:30 - 11:20** Pilates+Strength **Briana**	**10:30 - 11:20** Strength & Sculpt **Briana**
11:15 - 12:05 Post-Natal Pilates **Talitha**		**11:15 - 12:15** Barre Sculpt **Dalya**		**11:05 - 11:55** Post-Natal Pilates **Talitha**		
12:30 - 13:20 Pilates + Strength **Talitha**		**17:50 - 18:40** Teen Fitness **Talitha**	**12:30 - 13:20** Lunchtime Lift **Briana**	**12:30 - 13:20** Lunchtime Lift **Briana**		
17:15 - 18:05 Teen Fitness **Talitha**	**17:45 - 18:35** Teen Fitness **Briana**		**18:00 - 18:50** Teen Fitness **Briana**			Available for Personal Training
18:45 - 19:35 Pilates + Strength **Talitha**	**19:00 - 19:50** Upstairs Strength Circuit **Briana**	**20:00 - 20:50** Pilates Flow **Zoe**	**19:00 - 19:50** Upstairs Strength Circuit **Briana**			**19:00 - 20:00** Pilates Flow **Talitha**
19:45 - 20:35 80s Fitness **Talitha**						

