

# MYGYM Weekly Class Schedule

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Sunday</b>
<b><u>8:00 - 8:50</u></b> Strength & Sculpt	<b><u>8:30 - 9:30</u></b> Vinyasa Yoga Flow	<b><u>8:00 - 8:50</u></b> Strength & Sculpt	<b><u>8:00 - 8:50</u></b> Strong Foundations	<b><u>8:00 - 8:50</u></b> Strength & Sculpt	<b><u>9:30 - 10:20</u></b> Strength & Sculpt
<b><u>9:15 - 10:05</u></b> Strength & Sculpt	<b><u>9:45 - 10:45</u></b> Vinyasa Yoga Flow	<b><u>9:15 - 10:05</u></b> Pilates + Strength	<b><u>9:15 - 10:05</u></b> Strength & Sculpt	<b><u>9:00 - 9:50</u></b> Strength & Sculpt	<b><u>10:30 - 11:20</u></b> Strength & Sculpt
<b><u>10:15 - 11:05</u></b> Functional Strength & Bone Building	<b><u>11:30 - 12:20</u></b> Pilates + Strength	<b><u>10:15 - 11:05</u></b> Strength & Sculpt	<b><u>10:15 - 11:05</u></b> Pilates + Strength	<b><u>10:00 - 10:50</u></b> Pilates + Strength	
<b><u>11:15 - 12:05</u></b> Post-Natal Pilates	<b><u>12:30 - 13:20</u></b> Lunchtime Lift	<b><u>11:15 - 12:15</u></b> Barre Sculpt	<b><u>11:15 - 12:05</u></b> Functional Strength & Bone Building: Peri/Menopausal	<b><u>11:00 - 11:50</u></b> Pilates + Strength	
<b><u>12:30 - 1:20</u></b> Pilates + Strength	<b><u>18:00 - 18:50</u></b> Pilates + Strength	<b><u>17:55 - 18:45</u></b> Teen Fitness	<b><u>12:30 - 13:20</u></b> Lunchtime Lift		
<b><u>17:15 - 18:05</u></b> Teen Fitness		<b><u>19:00 - 19:50</u></b> Pilates Flow	<b><u>19:00 - 19:50</u></b> Strength & Sculpt		<b><u>19:00 - 20:00</u></b> Pilates Flow
<b><u>18:30 - 19:20</u></b> Pilates + Strength		<b><u>20:00 - 20:50</u></b> Pilates Flow			