

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PARK: PUSH 6:10-7:00am Samir Tahraoui PARK	ATHELIS BOOTCAMP 6:10-7:00am Samir Tahraoui THE FIELD	PARK: PULL 6:10-7:00am Samir Tahraoui PARK	S&C 6:10-7:00am Samir Tahraoui THE STAGE	PARK: LEGS 6:10-7:00am Samir Tahraoui PARK	ATHELIS BOOTCAMP 8:15-9:10am Sonia Pamma THE FIELD	HOT YOGA 9:00-9:45am Natalie Spencer BREATHE
RIDE 6:15-7:00am Dan Speakman IGNITE	ATHROX: 60 6:10-7:10am Natalie Cooper PARK	ATHELIS BOOTCAMP 6:10-7:10am Natalie Cooper THE FIELD	ATHROX: 60 6:10-7:10am Natalie Cooper PARK	FULL FOCUS 7:10-8:00am Samir Tahraoui IGNITE	HOT YOGA 9:15-10:15am Mija O'Brien BREATHE	PARK FIT 9:00-9:45am Natalie Cooper PARK
LOWER FOCUS 7:10-8:00am Dan Speakman IGNITE	SPIRIT CYCLE 6:15-7:00am Dan Speakman DOME	CARDIO FOCUS 7:10-8:00am Samir Tahraoui IGNITE	ATHROX: 75 9:15-10:30am Lucas Parker PARK	REPPIN 9:15-10:00am Jenny Duane THE STAGE	REPPIN 9:15-10:00am Emelina Almond THE STAGE	RIDE: BEAT! 10:00-10:50am Natalie Cooper DOME
HIRT 9:15-10:00am Samir Tahraoui THE STAGE	LOWER FOCUS 7:10-8:00am Kieran O'Mara IGNITE	ATHROX: 75 9:15-10:30am Kieran O'Mara PARK	HATHA YOGA 10:00-10:50am Rebecca Guest BREATHE	IYENGAR YOGA 9:15-10:15am Julia Kirkina BREATHE	PACE 10:15-11:00am Emelina Almond THE STAGE	HOT YOGA 10:00-10:45am Melissa Whitehall BREATHE
HOT YOGA 10:00-10:50am Elena Almond BREATHE	ATHENA 9:15-10:00am Samir Tahraoui PARK	REPPIN 9:15-10:00am Gary Cookson THE STAGE	RIDE 10:45-11:30am Lucas Parker DOME	ELEVATION 10:15-11:00am Jenny Duane PARK	VELO 10:30-11:00am Ty River DOME	RESTORATIVE YOGA 11:00-11:45am Holly Bailey BREATHE
HYDRO: POWER 11:00-11:45am Elena Almond THE POOL	IRON RIDE 10:00-10:50am Kat Kirkman DOME	DYNAMIC OM 9:30-10:30am Mel Sheridan BREATHE	MAT PILATES 11:00-11:50am Rebecca Guest BREATHE	CLASSICAL PILATES 11:10-12:00pm Jenny Duane BREATHE	MYO-YIN 11:05-11:50am Tye River BREATHE	CARDIO FOCUS 11:00-11:50am Natalie Cooper IGNITE
MELLOW OM 11:00-12:00pm Gemma Merna BREATHE	HOT PILATES 11:00-11:45am Kat Kirkman BREATHE	HYDRO: ELECTRIC 10:15-11:05am Gary Cookson THE POOL				

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HYPNOTHERAPY 12:00-12:45pm Gemma Merna BREATHE	HATHA YOGA 12:00-12:45pm Kat Kirkman BREATHE	ATHROX: 60 4:00-5:00pm Samir Tahraoui PARK	ATHELIS RUN+ 12:00-1:00pm Lucas Parker OUTDOOR	HYDRO: STATIC 12:15-1:00pm Jenny Duane POOL	SOUNDBATH 12:00-1:00pm Becky Hampson BREATHE	SOUNDBATH 12:00-12:45pm Holly Bailey BREATHE
LOWER FOCUS 4:15-5:00pm Samir Tahraoui IGNITE	BARRE 4:15-5:00pm Jenny Duane BREATHE	ELEVATION 5:15-6:00pm Samir Tahraoui PARK	CARDIO FOCUS 5:15-6:00pm Pierre Pozzuto IGNITE	IRON YOGA 5:00-5:50pm Carly Tong BREATHE	SOUNDBATH 1:00-2:00pm Becky Hampson BREATHE	
META FIT 5:30-6:00pm Jonathan Chianca THE STAGE	ATHROX: 45 5:15-6:00pm Samir Tahraoui PARK	SCULPT 5:30-6:15pm Jonathan Chianca THE STAGE	ATHROX: 45 6:00-6:45pm Dan Speakman PARK	IGNITE: PHOENIX 5:15-6:00pm Dan Speakman IGNITE		
HOT NIDRA 5:00-5:50pm Julia Kirkina BREATHE	UPPER FOCUS 5:15-6:00pm Jenny Duane IGNITE	METAFIT 6:15-6:45pm Jonathan Chianca THE STAGE	REPPIN: HARDER 6:00-6:50pm Pierre Pozzuto THE STAGE	RIDE 6:00-6:45pm Dan Speakman DOME		
TORSO 6:00-6:15pm Jonathan Chianca THE STAGE	HOT YOGA FLOW 6:00-7:00pm Becky Hampson BREATHE	RIDE 6:15-7:00pm Natalie Cooper DOME	HOT YOGA 6:00-7:00pm Lauren Mason BREATHE	HATHA YOGA 6:00-7:00pm Mija O'Brien BREATHE		
ATHROX: 90 5:15-6:45pm Natalie Cooper PARK	ORBIT 6:15-7:00pm Dan Speakman THE STAGE	TORSO 6:45-7:00pm Jonathan Chianca THE STAGE	CONFLIKT 7:00-7:45pm Pierre Pozzuto THE STAGE			
SCULPT 7:00-7:45pm Jonathan Chianca THE STAGE	RIDE: BEAT! 6:15-7:00pm Jenny Duane DOME	HYDRO: POWER 7:05-7:45pm Jonathan Chianca THE POOL	SPIRIT CYCLE 7:00-7:45pm Dan Speakman DOME			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YIN YOGA 6:00-6:50pm Julia Kirkina BREATHE	STUDIO PILATES 7:00-8:00pm Becky Hampson BREATHE	HOT YOGA 7:15-8:05pm Holly Bailey BREATHE	RECHARGE 7:00-8:00pm Lauren Mason BREATHE			
DIVA FEVER 7:00-7:45pm Jonathan Chianca THE STAGE	CONFLIKT 7:15-8:00pm Jenny Duane THE STAGE	RESTORATIVE YOGA 8:15-9:00pm Holly Bailey BREATHE				
SPIRIT CYCLE 7:00-7:45pm Dan Speakman DOME	HYDRO: ELECTRIC 8:15-9:00pm Jenny Duane THE POOL					
VINYASA FLOW 7:00-7:50pm Cecile Green BREATHE	REIKI HEALING 8:15-9:15pm Becky Hampson BREATHE					
YIN YOGA 8:00-8:50pm Corrine Hough BREATHE						

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	AM	AM	AM	AM	AM	AM
	PARENT X BABY MASSAGE 10:00-10:45am (0-3yrs) Jemma Burns BREATHE		PARENT X BABY YOGA 11:00-11:40am (0-3yrs) Rebecca Guest BREATHE		LITTLE ATHROX 9:15-10:00am (4-11yrs) Clare Archer PARK	DODGE BALL 9:00-9:45am (4-11yrs) Clare Archer THE STAGE
						TUMBLE STAGE 10:00-10:45am (4-11yrs) Theatre Works THE STAGE
						TUMBLE STAGE 11:00-11:45am (4-11yrs) Theatre Works THE STAGE
PM	PM	PM	PM	PM	PM	PM
THE HANGOUT 4:00-5:30pm (4-11yrs) The Hangout Team THE STAGE	PACK: RIDE 4:00-4:30pm (4-11yrs) The Hangout Team DOME	PARENT X BABY FITNESS 1:30-2:15pm (0-3yrs) Jemma Burns THE STAGE	PACK: IGNITE 4:00-4:30pm (4-11yrs) The Hangout Team IGNITE	PARENT X BABY SENSORY 1:30-2:15pm (0-3yrs) Jemma Burns THE STAGE		
	THE HANGOUT 4:00-6:00pm (4-11yrs) The Hangout Team THE STAGE	PACK: WOD 4:15-5:15pm (Family 5+yrs) Athelis Trainer THE STAGE	THE HANGOUT 4:00-6:00pm (4-11yrs) The Hangout Team THE STAGE	PACK: ZEN 4:00-4:30pm (4-11yrs) The Hangout Team BREATHE		
				THE HANGOUT 4:00-6:00pm (4-11yrs) The Hangout Team THE STAGE		