

NO. 1 IN INNOVATIVE CLASSES

STUDIO HOURS: Mon - Wed 5:30am - 8:30pm Thur 5:30am - 8:00pm Fri 5:30am - 7:00pm Sat 6:00am - 12:00pm Sun 8:00am - 12:00pm CHILD MINDING HOURS: Mon - Thursday 8:30am - 11.30am Fri 8:00am - 11:30am Sat 7:00am - 11:00am \$2.00 per child	<p align="center">GRATITUDE GIFT - A - THON <i>Saturday 13th October</i></p> <p>Huge discounts! Free workshops! Giveaways! Pop up stalls & more... make a morning of it with your besties!!</p> <p align="center">Book into classes and workshops via website, app or see our friendly admin team</p>	<p align="center">ULTIMATE WELLBEING WOKRSHOP: HYDRATION, ALKALINITY & LONGEVITY <i>Thursday 18th October 6:30-8pm</i></p> <p>Learn what to eat & drink for enhanced vitality and wellbeing. Informative and transformative FREE workshop! Book via the website, app or at reception on 3324 1188</p>
	<p align="center">MINDSET MASTERY WORKSHOP <i>Tuesday 23rd October 6:30-8pm</i></p> <p>Come and learn how to lose limits, love life, live your dreams. Growing onto your true potential requires understanding why you do what you do and how you can transcend your own patterns/habits to create lasting change. FREE workshop! Book at reception on 3324 1188</p>	<p align="center">DECEMBER 12 DAY REBOOT <i>Starts November 28th</i></p> <p>Only \$97 for the all recipes, movement and mindset you need to Re-Energise, Re-New and Re-Boot your body and life. See reception or visit the website for more information!</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am Open GRC B S5 Sherrl	5:30am GRC Core B S5 Sally	5:30am GRC Open B S5 Jackie	5:30am GRC Booty Blitz B S5 Matt F	5:30am Morphosis S1 Mariana	6:15am GRC Plus B S5 Julius/Jayde	
5:30am Pure HIIT S1 Zoe	5:30am Pure Box S1 Rebecca J	5:30am Pure Ride B S2 Mariana	5:30am Pure Suspension B S1 Lucy	5:30am Open GRC B S5 Julius	6:50am Pure HIIT S1 Caitlin	
6:05am Booty Blitz B S1 Zoe	6:05am Open GRC B S5 Sally	6:05am Pure Bounce B S1 Mariana	6:05am Open GRC B S5 Matt F	6:20am Function Fit B S1 Caitlin	7:05am GRC Core B S5 Julius/Jayde	
6:20am GRC Plus B S5 Sherrl	6:20am Pure Sculpt S1 Rebecca J	6:15am Principle Pilates S4 Jackie	6:20am Pure HIIT S1 Lucy		7:30am Pure Box S1 Caitlin	
					7:40am Open GRC B S5 Julius/Jayde	8:15am Pure Ride B S2 Zoe
8:45am Barre B S3 Lucy		8:30am Booty Blitz B S1 Caitlin		8:00am Open GRC B S5 Zoe	7:40am Pure Barre B S3 Lydia	8:20am Hatha Yoga S4 Tanya
8:45am Open GRC B S5 Rach	8:45am Open GRC B S5 Tanya	8:30am GRC Plus B S5 Lydia	8:40am Open GRC B S5 Kelly-Grace	8:15am Pure HIIT S1 Lucy	8:20am Pure Sculpt S1 Caitlin	8:20am Open GRC B S5 Sally
9:00am NIA/Dance/Flow S1 Sophie	8:45am Pure Morphosis S1 Marina	9:20am Pure HIIT S1 Caitlin	8:40am Pure Bounce B S1 Lucy	8:50am Suspension B S1 Matt F	8:30am Open GRC B S5 Julius/Jayde	8:50am Pure Sculpt S1 Zoe
9:35am Pure Ride B S2 Lucy	9:35am Open GRC B S5 Tanya	9:20am Open GRC B S5 Lydia	9:15am Hatha Yoga S4 Rachel	8:50am Open GRC B S5 Zoe	8:30am Principle Pilates S4 Lydia	9:00am Pregnancy Pilates S3 Kylie
9:35am Open GRC B S5 Rach	9:35am Pure Sculpt S1 Marina	9:55am Pure Flow S1 Caitlin	9:30am Open GRC B S5 Kelly-Grace	9:40am Open GRC B S5 Matt F	9:10am Pure Bounce B S1 Caitlin	9:10am Open GRC B S5 Sally
10:00am Hatha Yoga S4 Tanya	10:30am Yoga Essentials S4 Tanya	10:10am Principle Pilates S4 Lydia	9:30am Pure Box S1 Matt F	9:40am Pure Sculpt S1 Zoe	9:20am Pure Ride B S2 Julius/Jayde	9:30am Yin Yoga S4 Tanya
10:25am Principal Pilates S1 Rach			10:25am Deep Relaxation S4 Rachel	10:30am Yin Plus S4 Tanya	9:20am Dynamic Yoga S4 Carla	9:40am Pure HIIT S1 Zoe
	12:15pm Functional Fit C&W Caitlin				9:30am Fundamentals & Tech GRC B S5 Lydia	
	1:05pm Open GRC B S5 Caitlin					
			12:15pm Functional Fit C&W Rebecca J			
	4:30pm Open GRC B S5 Katie M		1:05pm Open GRC B S5 Rebecca J			
4:30pm Open GRC B S5 Tanya	4:45pm Pure HIIT S1 Lucy					
5:00pm Pure Sculpt S1 Lucy	5:20pm Bounce HIIT B S1 Lucy					3:30pm Yin Yoga S4 Carla S/Nikki
5:40pm GRC Plus B S5 Tanya	5:20pm GRC Booty Blitz B S5 Katie M	4:30pm Open GRC B S5 Racheal				
5:40pm Principle Pilates S4 Anthea	5:20pm Power Yoga S4 Manas	5:15pm Hatha Yoga S4 Tanya		5:15pm Pure Sculpt S1 Caitlin		
5:50pm Pure Morphosis S1 Lucy	5:55pm Pure Sculpt S1 Lucy	5:35pm GRC Core B S5 Racheal	4:30pm Open GRC B S5 Zoe	6:10pm Zumba S1 Laura		
6:00pm Pure Ride B S2 Matt F	6:00pm Pure Barre B S3 Katie M	5:20pm Pure Box S1 Caitlin	5:20pm Pure Ride B S2 Zoe	6:10pm Open GRC B S5 Caitlin		
6:30pm Hatha Yoga S4 Rebecca	6:10pm Open GRC B S5 Julius	6:10pm Open GRC B S5 Racheal	5:30pm Dynamic Yoga S4 Carla		SYMBOL	MEANING
6:30pm Pure Barre B S3 Anthea	6:25pm Deep Relaxation S4 Rachel	6:10pm Suspension B S1 Caitlin	5:55pm GRC Booty Blitz B S5 Zoe		B	Booking required
6:30pm Open GRC B S5 Tanya	6:45pm Booty Blitz B S1 Lucy	6:20pm Yin Yoga S4 Tanya	6:35pm Yin Yoga S4 Carla		S1	Studio 1 (front room)
6:40pm Pure Bounce B S1 Lucy	7:00pm Pure Release S4 Julius	7:00pm Power Pilates S1 Racheal	6:30pm Pure Bounce B S1 Zoe		S2	Studio 2 (ride room)
					S3	Studio 3 (barre room)
					S4	Studio 4 (yoga room)
					S5	Studio 5 (reformer room)