

Month: **JUNE- SEP 2024**

# GERRINGONG CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
5.30 am	TONE	BARRE	CORE	ATHLETIC	NOURISH		
6.20 am	ATHLETIC	TONE	BARRE	TONE	NOURISH		
7.10 am	TONE				NOURISH	7:30am	COMBO
8.30 AM	ATHLETIC	TONE	CORE	TONE	NOURISH	8:30am	COMBO
9.30 AM		BARRE	TONE	TONE			
4.30 PM		TONE	YOGAFIT		TONE		
5.30 PM	ATHLETIC	TONE	BARRE	CORE	NOURISH		
6.20 PM	TONE			TONE			

NUFORM PILATES STUDIO

*Feelin' Good since 2021*

Month: **JUNE- SEP 2024**

# BOMADERRY CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
5.30 am	TONE	BARRE	CORE	ATHLETIC	NOURISH		
6.20 am	ATHLETIC	TONE	BARRE	TONE	NOURISH		
7.10 am	TONE				NOURISH	7:30am	COMBO
8.30 AM	ATHLETIC	TONE	CORE	TONE	NOURISH	8:30am	COMBO
9.30 AM		BARRE	TONE	TONE			
4.30 PM		TONE	TONE		TONE		
5.30 PM	NOURISH	TONE	CORE	TONE	NOURISH		
6.20 PM	ATHELTIC			NOURISH			

NUFORM PILATES STUDIO

*Feelin' Good since 2021*