# BEYONDPHYSIO 2018 CLASS SCHEDULE

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | STUDIO | GYM | STUDIO | GYM | STUDIO | GYM | STUDIO | GYM | STUDIO | GYM | STUDIO | GYM |
| 7.00am | | | | | | | | | | | | |
| 7.30am | | | | | | | | | | | | |
| 8.00am | Boxing | | Pilates Reformer Class | | Pilates Reformer Class | | | | Pilates Reformer Class | | | |
| 8.30am | | | | | | | | | | | | |
| 9.00am | | | | | | | | | | | Pilates Reformer Class | |
| 9.30am | Pilates Reformer class | Pilates Chair Class | Pilates Reformer Class | Beyondbarre Ballet Class | Pilates Reformer | Pilates Chair Class | Pilates Reformer Class | Beyondbarre Ballet Class | Pilates Reformer Class | | | |
| 10.00am | | | | | | | | | | | Pilates Reformer Class | |
| 10.30am | | Boxing Class | | Valhalla Circuit Class | | Boxing Class | Pilates Tower Class | Valhalla Circuits Class | | Valhalla Circuit Class | | |
| 11.00am | | | | | | | | | | | | Boxing or beyond barre |
| 11.30am | | | | | | | | | | | | |
| 12.00pm | | | | | | | | | | | | |
| 12.30pm | | Senior Exercise | | | Pilates Reformer | | | | | | | |
| 1.00pm | | | | | | | | | | | | |
| 1.30pm | | | | | | | | | | | | |
| 2.00pm | | | | | | | | | | | | |
| 2.30pm | | | | | | | | | | | | |
| 3.00pm | | | | | | | | | | | | |
| 3.30pm | | | | | | | | | | | | |
| 4.00pm | | | | | | | | | | | KIDS FIT | |
| 4.30pm | | KIDS FIT | | KIDS FIT | | Boxteen Class | | KIDS FIT | | | | |
| 5.00pm | | | | | | | | | | | | |
| 5.30pm | | | | | | | | Boxing Class | | | | |
| 6.00pm | | Valhalla Circuit Class | Beyondbarre Ballet | | Pilates Tower Class | Valhalla Circuit Class | | | | | | |
| 6.30pm | | | | | | | Pilates Reformer class | | | | | |
| 7.00pm | Pilates Reformer class | | Pilates Reformer class | | Pilates Reformer class | | | | | | | |
| 7.30pm | | | | | | | | | | | | |
| 8.00pm | Pilates Reformer class | | | | | | | | | | | |
| 8.30pm | | | | | | | | | | | | |
| 9.00pm | | | | | | | | | | | | |