

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM
06:30		HIT		HIT		HIT		HIT		HIT				
07:00	DYNAMIC PILATES		DYNAMIC PILATES		DYNAMIC PILATES		MEN ONLY DYNAMIC PILATES		DYNAMIC PILATES		DYNAMIC PILATES			
08:00					DYNAMIC PILATES		DYNAMIC PILATES		ADVANCED DYNAMIC PILATES		ADVANCED DYNAMIC PILATES	BOX HIT	DYNAMIC PILATES	
08:30		HIT		HIT										
09:00	DYNAMIC PILATES		DYNAMIC PILATES		DYNAMIC PILATES		DYNAMIC PILATES		ADVANCED DYNAMIC PILATES		DYNAMIC PILATES	HIT	DYNAMIC PILATES	
09:30		HIT		BOX HIT		HIT		HIT		HIT				
10:00											DYNAMIC PILATES	HIT	DYNAMIC PILATES	HIT
10:15	ADVANCED DYNAMIC PILATES		DYNAMIC PILATES		DYNAMIC PILATES		DYNAMIC PILATES		DYNAMIC PILATES					
11:00											MATWORK PILATES (45 Mins)		DYNAMIC PILATES	
11:15	DYNAMIC PILATES		ADVANCED DYNAMIC PILATES		DYNAMIC PILATES		MK BARRE (45 Mins)		DYNAMIC PILATES					
12:00											DYNAMIC PILATES			
12:15	MATWORK PILATES		DYNAMIC PILATES		MATWORK PILATES		MATWORK PILATES		DYNAMIC PILATES					
13:00											DYNAMIC PILATES			
14:00	DYNAMIC PILATES		DYNAMIC PILATES		DYNAMIC PILATES		DYNAMIC PILATES		DYNAMIC PILATES					
15:00									ADVANCED DYNAMIC PILATES					
16:15	DYNAMIC PILATES													
16:30														
17:15	DYNAMIC PILATES		DYNAMIC PILATES		DYNAMIC PILATES				DYNAMIC PILATES					
17:30							DYNAMIC PILATES							
18:15	DYNAMIC PILATES		DYNAMIC PILATES		MK BARRE (45 Mins)				DYNAMIC PILATES					
18:30		HIT		HIT		BOX HIT	DYNAMIC PILATES	HIT		HIT				
19:15	MATWORK PILATES		ADVANCED DYNAMIC PILATES		MATWORK PILATES (45 Mins)									
19:30		HIT		HIT			MATWORK PILATES	HIT						
20:15	DYNAMIC PILATES		DYNAMIC PILATES		DYNAMIC PILATES									

KEY

DYNAMIC REFORMER

This 55 minute workout sculpts and tones the body in a way that other exercises simply can't.

With a continuous emphasis on core muscles and pilate principles, our signature Reformer routine provides a high energy, total body workout for all levels.

MK HIT

Our high intensity training delivers a comprehensive, body changing workout that combines the best of cardio and resistance training maximising results.

BOX HIT

This high energy class for all levels will burn calories, torch fat and improve your balance, coordination and boxing technique.

MATWORK

Classes are suitable for all levels of ability including beginners. These movements will help strengthen, lengthen and tone your body, working at your own pace. A great way to unwind.

MK BARRE

The ultimate combo of pilates and ballet for all levels creates a long, lean sculpted figure that dancers are so famous for. Big focus on legs, bums and tums.