

TEAM TRAINING (\$)

MON	TUES	WED	THURS	FRI	SAT	SUN
12:00-12:50pm Metabolic Mashup Sydney		12:00-12:50pm Shockwave Sydney		12:00-12:50pm AMRAP Sydney		

REFORMER STUDIO (\$) (Upstairs)

MON	TUES	WED	THURS	FRI	SAT	SUN
9:00-9:50am Reformer Janice		9:00-9:50am Reformer Janice		9:00-9:50am Reformer Janice		
	12:00-12:50pm Cardio Reformer Janice		12:00-12:50pm Cardio Reformer Janice			
5:30-6:20pm Reformer Laura		5:30-6:20pm Reformer Laura				

HSAIalign (\$)

MON	TUES	WED	THURS	FRI	SAT	SUN
9:30-10:30am Breath & Flow Yoga Evy Starts 9/11	9:30-10:20am Sculpt & Stretch Savannah	9:30-10:20am Booty Builder Savannah	9:30-10:20am Sculpt & Stretch Savannah	9:30-10:20am Booty Builder Savannah		
	12:00-12:50pm Booty Burn Savannah		12:00-12:50pm Booty Burn Savannah			
5:30-6:20pm Booty Builder Savannah	5:30-6:20pm Sculpt & Stretch Savannah	5:30-6:20pm Booty Builder Savannah	5:30-6:20pm Sculpt & Stretch Savannah			

****Limited Yoga props available, Please bring your own mat***
****Booking classes to reserve a spot is recommended***