

| TIME        | MON                                 | TUES  | WED                                       | THURS   | FRI                                       | SAT                                       |
|-------------|-------------------------------------|---|---|---|---|---|
| 545 - 630am | Strength<br>Lydia<br>COMING<br>SOON | FF<br>TANYA<br>COMING<br>SOON                 | Strength<br>Lydia<br>COMING<br>SOON       | FF<br>TANYA<br>COMING<br>SOON                 | Strength<br>LYDIA<br>COMING<br>SOON       |   |
| 7 - 730am   | Functional<br>Fitness<br><br>LYDIA  | Functional<br>Fitness<br><br>TANYA            | Functional<br>Fitness<br><br>LYDIA        | Functional<br>Fitness<br><br>TANYA            | Functional<br>Fitness<br><br>LYDIA        | Open<br>Gym                               |
| 730 - 9am   | Open<br>Gym                         | Open<br>Gym                                   | Open<br>Gym                               | Open<br>Gym                                   | Open<br>Gym                               | Functional<br>Fitness<br>8-845am<br>TANYA |
| 9 - 945am   | Strength<br><br>LYDIA               | Strength<br><br>TANYA                         | Functional<br>Fitness<br>9-930am<br>TANYA | Strength<br><br>TANYA                         | Functional<br>Fitness<br>9-930am<br>LYDIA | Open<br>Gym<br>9-12pm                     |
| 10 - 5pm    | Open<br>Gym                         | Body<br>Movement<br>10 -<br>1030am<br>TANYA   | Open<br>Gym                               | Open<br>Gym                                   | Open<br>Gym                               | <b>CLOSED<br/>12pm</b>                    |
| 2-230pm     | Open<br>Gym                         | Functional<br>Fitness<br>2-230pm<br><br>TANYA | Open<br>Gym                               | Functional<br>Fitness<br>2-230pm<br><br>TANYA | Open<br>Gym                               |   |
| 530 - 6pm   | Functional<br>Fitness<br><br>TANYA  | Functional<br>Fitness<br><br>TANYA            | Body<br>Movement<br><br>TANYA             | Functional<br>Fitness<br><br>TANYA            | Open<br>Gym                               |   |
| 6 - 645pm   | Strength<br><br>TANYA               | Strength<br><br>TANYA                         | Strength<br><br>LYDIA                     | Open<br>Gym                                   | Open<br>Gym                               |   |
| 715 - 815pm | <b>CLOSED</b>                       | <b>CLOSED</b>                                 | *Yoga with<br>Lynne<br>715 -<br>815pm     | <b>CLOSED</b>                                 | <b>CLOSED</b>                             |   |

\*YOGA not included in membership - \$15 pp cash on arrival