





# your fitness

## Group Fitness Studio TWO

Mon	Tue	Wed	Thu	Fri
		<b>6.00am</b> <b>power yoga</b> Sara		<b>6.00AM</b> <b>yourbarre</b> <b>total body</b> Amanda
	<b>4PM-5.30PM</b> <b>PRIVATE SESSION</b> 	<b>4.45PM</b> <b>yourbarre</b> <b>total body</b> Megan	<b>4PM-5.30PM</b> <b>PRIVATE SESSION</b> 	<b>12.15PM</b> <b>yourbarre45</b> <b>total body</b> Zoe
<b>4.45PM</b> <b>yourbarre</b> <b>total body</b> Megan				
<b>5.45PM</b> <b>Alternative</b>	<b>5.45PM</b> <b>power yoga</b> Tina	<b>5.45PM</b> <b>yourbarre</b> <b>booty blitz</b> Zoe	<b>5.45PM</b> <b>pole fit</b> Sandra	<b>5.45PM</b> <b>power yoga</b> Tina

**Sat**

**8.00AM**

**yourbarre**

booty blitz

Zoe