



# your fitness

## Group Fitness Studio TWO

Mon	Tue	Wed	Thu	Fri	Sat
		6.00am power yoga Sara		6.00AM yourbarre total body Amanda	8.00AM yourbarre booty blitz Zoe
				12.15PM yourbarre45 total body Zoe	
4.45PM yourbarre total body Megan		4.45PM yourbarre total body Megan			
5.45PM Alternative	5.45PM power yoga Tina	5.45PM yourbarre booty blitz Zoe	5.45PM pole fit Sandra	5.45PM power yoga Tina	