

VIRTUAL CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30am						
7am						
7.30am				Clinical Mat Lauren F		
8am	Clinical Mat Emma A					
8.30am						
9am						
9.30am	Clinical Mat Lauren F		Clinical Mat Amy			
10am						Clinical Mat Monique
10.30am					Clinical Mat Kaitlyn	
11am						
11.30am						
12pm						
12.30pm					Mat class - 45 mins <i>Complimentary via FB or YouTube Live</i>	
1pm						
1.30pm						
2pm						
2.30pm						
3pm					Clinical Mat Monique	
3.30pm						
4pm						
4.30pm		Clinical Mat Kaitlyn				
5pm						
5.30pm						
6pm						
6.30pm		Clinical Mat Jackson				
7pm						
7.30pm						



PHYSIO + PILATES + EXERCISE
squarzone