

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------------------------------|--|---|--|---------------------------------------|---------------------------------------|
| 5:15 - 6:15 CrossFit Keaton | 5:00 - 6:00 BOOTCAMP Wayne | 5:30 - 6:30 BEGINNERS MMA Wayne | 5:15 - 6:15 CrossFit Kelly | 5:30 - 6:30 RIDE 45 Gill | 7:30 - 8:30 CrossFit Kelly | 10:00 - 11:00 YIN YOGA Sharuska |
| 5:30 - 6:30 RIDE 45 Gill | 5:00 - 5:45 Sunrise Yoga Isolde | 6:00 - 7:00 CrossFit Kelly | 6:00 - 6:45 SKIP & CORE Ayren | 6:00 - 7:00 CrossFit Kelly | 7:30 - 8:30 RIDE Cornelia | |
| 5:30 - 6:30 MMA FIT Wayne | 6:00 - 7:00 CrossFit Kelly | 6:00 - 7:00 Body Pump Shivanie | 7:00 - 8:00 Pilates Cornelia | 7:00 - 8:00 Yoga Fusion Isolde | 7:00 - 8:00 MMA KIDS Wayne | |
| 7:30 - 8:30 RIDE Kim | 6:00 - 6:45 SKIP & CORE Ayren | 7:30 - 8:30 RIDE Kim | 8:00 - 9:00 MMA FIT Wayne | 7:30 - 8:30 RIDE Kim | 8:00 - 9:00 Vinyasa Yoga Isolde | |
| 8:30 - 9:30 PULSE Cornelia | 7:30 - 8:30 BalletRip Ally | 7:30 - 8:30 ZUMBA Ally | 8:30 - 9:30 RIDE Kim | 8:00 - 9:00 MMA SKILLS Wayne | | |
| 9:30 - 10:15 PURE STRETCH Cornelia | 8:30 - 9:30 CrossFit Kelly | 8:30 - 9:30 PULSE Cornelia | 8:30 - 9:30 CrossFit Kelly | 16:30 - 17:30 CrossFit Kelly | | |
| 16:30 - 17:30 CrossFit Kelly | 16:30 - 17:30 CrossFit Kelly | 9:30 - 10:15 PURE STRETCH Ally | 9:30 - 10:30 BalletRip Ally | 16:30 - 17:30 EBIKE TRAILING Fresh | | |
| 17:00 - 18:00 Vinyasa Yoga Isolde | 17:30 - 18:30 CrossFit Kelly | 16:30 - 17:30 CrossFit Teens Kelly | 16:30 - 17:30 PILATES Paige | 17:30 - 18:30 CrossFit Kelly | | |
| 17:30 - 18:30 CrossFit Kelly | 17:30 - 18:30 PILATES Cornelia | 17:00 - 18:00 HIIT Paige | 16:30 - 17:30 CrossFit Kelly | 17:30 - 18:30 MMA Skills Wayne | | |
| 18:00 - 19:00 MMA FIT Wayne | 17:30 - 18:15 RIDE Imran | 17:30 - 18:30 CrossFit Kelly | 17:30 - 18:30 Core Dynamics Fresh | | | |
| 18:00 - 19:00 RIDE Imran | | 17:30 - 18:30 RIDE Cornelia | 17:30 - 18:30 CrossFit Kelly | | | |
| | | 18:30 - 19:30 Power Yoga Isolde | 18:00 - 19:00 Boxing (all levels) Imran | | | |