



Group Class Timetable Studio 3A



Key	Monday	Tuesday	Wednesday	Thursday	Friday
STRONG & STABLE: Strength & Balance	UPLIFT 6.30am		UPLIFT 6.30am		
BEYOND: Women's Oncology	MOTO 9:30am	STRONG & STABLE 9:15am	STRONG & STABLE 9:30am	STRONG & STABLE 9:30am	STRONG & STABLE 9.00am
MOTO: Men's Oncology	BEYOND 10:30am			BEYOND 10.30 am	MOTO 10.00am
UPLIFT: Advanced Group Training	MOTO 11:30am	MOTO 11:30am	MOTO 11:30am	MOTO 11:30am	BEYOND 12.00pm
MEDITATION	STRONG & STABLE 1.00pm		STRONG & STABLE 1.00pm		
All Classes are supervised and tailored to you		BEYOND 2.00pm			
	STRONG & STABLE 3.00pm	UPLIFT 4.00pm			
		BEYOND 5:00pm	MEDITATION Time: TBC	BEYOND 5:00pm	