

CHRISTMAS & NEW YEARS

Schedule 2026

NORMAL
TRADING

NORMAL
TRADING

NORMAL
TRADING

REDUCED
HOURS

CLOSED

CLOSED

NORMAL
TRADING

MON
21 DEC

TUE
22 DEC

WED
23 DEC

THURS
24 DEC

FRI
25 DEC

SAT
26 DEC

SUN
27 DEC

AM

MAT REFORMER

MAT REFORMER

MAT REFORMER

MAT REFORMER

REFORMER
ONLY

5:20/
5:30AM

BASICS

BURN

STREN
-GTH

BARRE

BASICS

BASICS

BURN

CLOSED
ALL DAY

CLOSED
ALL DAY

6:20/
6:30AM

BASICS

BURN

STREN
-GTH

BARRE

BASICS

BASICS

BURN

6:20/
6:30AM

7:20/
7:30AM

BASICS

BURN

STREN
-GTH

BARRE

BASICS

BASICS

BURN

7:20/
7:30AM

BASICS

9:00/
9:15am

YIN

BASICS

STREN
-GTH

BASICS

BASICS

BURN

8:20/
8:30AM

BURN

10:15am

BASICS

STREN
-GTH

BASICS

BURN

9:20/
9:30AM

BASICS

PM

4:20/
4:30PM

STREN
-GTH

STREN
-GTH

BASICS

BASICS

BURN

CLOSED
IN ARVO

5:20/
5:30PM

VINY-
ASA

STREN
-GTH

STREN
-GTH

BASICS

BASICS

BURN

6:20/
6:30PM

RESTO-
RATIVE

BLITZ

STREN
-GTH

BLITZ

BASICS

BLITZ

Beginner
Friendly

Intermediate /
Advanced

Slow &
Heavy

30min Class

CHRISTMAS & NEW YEARS

Schedule 2026

REDUCED
HOURS

NORMAL
TRADING

NORMAL
TRADING

REDUCED
HOURS

REDUCED
HOURS

NORMAL
TRADING

NORMAL
TRADING

MON
28 DEC

TUE
29 DEC

WED
30 DEC

THURS
31 DEC

FRI
1 JAN

SAT
2 JAN

SUN
3 JAN

AM

REFORMER
ONLY

MAT

REFORMER

MAT

REFORMER

REFORMER
ONLY

REFORMER
ONLY

MAT

REFORMER

REFORMER
ONLY

5:20/
5:30AM

BURN

STREN
-GTH

BARRE

BASICS

6:20/
6:30AM

BURN

STREN
-GTH

BARRE

BASICS

7:20/
7:30AM

BASICS

BURN

STREN
-GTH

BARRE

BASICS

BASICS

BASICS

7:20/
7:30AM

BURN

BASICS

BASICS

8:30AM

BURN

STREN
-GTH

BASICS

BURN

BURN

8:20/
8:30AM

BASICS

BURN

BURN

9:15/
9:30AM

BASICS

STREN
-GTH

BASICS

BASICS

BASICS

9:20/
9:30AM

BASICS

BURN

BASICS

10:15AM

PM

4:20/
4:30PM

STREN
-GTH

BASICS

BASICS

BURN

5:20/
5:30PM

STREN
-GTH

BASICS

BASICS

BURN

6:20/
6:30PM

STREN
-GTH

BLITZ

BASICS

BLITZ

Beginner
Friendly

Intermediate /
Advanced

Slow &
Heavy

30min Class