

# Timetable - Group Classes & Pilates - Current 14 June 2017

Clients on memberships and 10 / 5 pack class passes can attend all highlighted classes.

Xtend Barre Southside							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6am		Xtend Xpress Leah	Yoga Roz	Circuit 7 Jesse	Xtend Xpress Vanessa		
7am	Xtend Xpress Kristy	Stick Fusion Tessa	Xtend Xpress Paula	Xtend Barre Anna T	Xtend Xpress Paula	Circuit 7 Jeni & Bec Alternating	
8am						Xtend Barre/Barrecamp Jeni & Bec Alternating	XB Stick Hayley
9am						FREE Stretch Class Jeni & Bec Alternating	
10am	Xtend Barre Jeni	Xtend Barre Paula	Xtend Barre Kirsty	Xtend Barre Anna T	Xtend Barre Paula	XB Technique Hayley	Xtend Barre Tessa
11.15am	Babies on Board Jeni					Beginner Barre Jeni & Bec Alternating	
1.00pm						Xtend Barre Anna	
3.30pm	Xtend Surprise Anna T						
5.45pm	Xtend Barre Andrea	Xtend Barre Andrea	XB Technique Jesse	Xtend Barre Anna T			
7pm	XB Tech/Yin Yoga Anna/ Belinda	Adult Ballet Andrea	Xtend Barre Vanessa	Xtend Barre Liz			

Southside also offers Indoor Power Cycle classes: 6.30am Tues & Thurs with Anthony from Elbows Akimbo.

Xtend Barre Eastside							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6am	Yoga Jeni	Xtend Barre Vanessa	Circuit 7 Bec	Stride Jeni	Suspend Bec		
7am	Xtend Xpress Jeni	Suspend - coming soon Jesse	Xtend Xpress Bec	Xtend Xpress Jeni	Xtend Barre Jeni		
8am						Xtend Barre/Barrecamp Anna R	
9am						FREE Stretch Class Anna R	
10am	Xtend Barre Bec	Xtend Barre Jesse		Xtend Barre Jeni	Pilates Mat Kim	XB Stick Anna T	Xtend Barre Bec
11.15am				Babies on Board Jeni		Pilates Mat Anna T	
4.30pm			Xtend Barre Anna T				
5.45pm	XB Technique Paula	Xtend Stick Bec	Xtend Barre/Beg Barre Anna T/Andrea				
7pm	Xtend Barre Paula	Xtend Barre Liz	Yin Yoga Belinda	Xtend Xpress Paula			

Southside Clinic - Pilates							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6am							
7am						Semi Private Kim	
8.15am			Semi Private Jeni			Circuit Kim	Semi Private Anna V
9.30am			Private Jeni			Private Kim	Private Anna V
10.45am			Private Jeni			Mat Kim	
12 noon			Semi Private Jeni				
1.30pm		Private Zoe					
2.45pm		Private Zoe					
4.00pm			Semi Private Anna V				
5.15pm	Mat Anna T	Semi Private Zoe	Private Anna V				
6.30pm		Circuit Kim		Semi Private Kim			
7.45pm		Mat Zoe		Private Kim			