



CALL: 0411844443

www.atthebarre.com.au

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend	Saturday	Sunday
6:30- 7:30am				Vinyassa Yoga Asha		7:30- 8:30am		
8:30- 9:30am	@theBarre Lyrical Rachell		@theBarre Intense Karen	BarreAttack Karen	Pilates Mat Michael	8:30- 9:30am	@theBarre Lyrical Liza	@theBarre Intense Liza
9:30-10:30 am	Dance Prehab Rachell	@theBarre Lyrical Rachell	Hatha/Flow Yoga Kimberley	Abs Blaster Jacqui ½ hr	@theBarre Intense Liza/Rachell	9:30- 10:30am	Vinyassa/Flow Yoga Kimmy/Asha	Bodybalance Karin
10:00-11:00am				@theBarreBallet Jacqui		10:00-11:00am		
10:30-11:30am		PilatesBarre Liza			Bodybalance Liza/Rachell	10:30-11:30am	BarreAttack Carol	
12:00-1:00pm				PilatesBarre Liza				
6:00-6:30pm ½ hour programs		Abs Blaster Carol ½ hr		Abs Blaster Liza ½ hr				
6:30- 7:30pm	@theBarreBallet Jacqui	BarreAttack Carol	PilatesBarre Liza	@theBarre Lyrical Millie			To book Private Pilates Sessions return to the 'book a Class' page or please call the studio	
7:30- 8:30pm	Vinyassa/YinYoga Asha/Kimmy		Dance Prehab Millie					

ALL CLASSES ARE PRE- BOOKED