

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
✨ ALL CLASSES ARE IN-PERSON + STREAMING ONLINE UNLESS WHERE NOTED OTHERWISE *						1 9.30am: Shelley LIVE in studio Zoe ONLINE	2 9.30am: Nicci
3 9.15am: NO CLASS 6.00pm: Nicci	4 9.15am: Dee 6.00pm: Jenny	5 7.00am: Nicci 6.00pm: 5 Stages* *ONLINE ONLY	6 9.15am: NO CLASS 6.00pm: Nicci	7 9.15am: Sarah 6pm: Freedance * *ONLINE ONLY	8 9.30am: Hanri LIVE in studio Zoe ONLINE	9 9.30am: Nicci	
10 9.15am: NO CLASS 6.00pm: Nicci	11 9.15am: Dee 6.00pm: Jenny* *Nia Moving to Heal Class	12 7.00am: Nicci 6.00pm: 5 Stages* *ONLINE ONLY	13 9.15am: NO CLASS 6.00pm: Nicci	14 9.15am: Sarah 6pm: Freedance * *ONLINE ONLY	15 9.30am: Nicci LIVE in studio Zoe ONLINE	16 9.30am: Nicci	
17 9.15am: NO CLASS 6.00pm: Nicci	18 9.15am: Dee 6.00pm: Jenny	19 7.00am: Nicci 6.00pm: 5 Stages* *ONLINE ONLY	20 9.15am: NO CLASS 6.00pm: Nicci	21 9.15am: Sarah 6pm: Freedance * *ONLINE ONLY	22 9.30am: Jenny* *Nia Moving to Heal Class Zoe ONLINE	23 9.30am: Sarah	
24 9.15am: NO CLASS 6.00pm: Nicci	25 9.15am: Dee 6.00pm: Jenny* *Nia Moving to Heal Class	26 7.00am: Nicci 6.00pm: 5 Stages* *ONLINE ONLY	27 9.15am: NO CLASS 6.00pm: Nicci	28 9.15am: Sarah 6pm: PLEASE NOTE NO FREEDANCE CLASS TONITE	29 9.30am: Nicci LIVE in studio Zoe ONLINE	30 9.30am: Nicci	
						MONDAY 31 6.00pm: Nicci	