

POKENO BARRE FITNESS

TIME	MON	TUE	WED	THU	FRI	SAT
06:45 - 10:00	Evolt 360 Scanning	Evolt 360 Scanning	Evolt 360 Scanning	Evolt 360 Scanning	Evolt 360 Scanning	Evolt 360 Scanning
12:00	BARRE-Fit	BARRE-Fit	BARRE-Fit	BARRE-Fit	BARRE-Fit	
15:45	Mini Modern					
16:30		Ballet Pre-Primary	Modern Class 1	Ballet Primary		
17:15		Ballet Class 1		Modern Class 1		
17:30			BARRE-Fit			
18:00	Yogilates (Core & Restore)			BARRE-Fit		
19:00			Mindful Movement			
19:15	BARRE-Fit					