

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM - 10AM	Vinyassa Flow	Vinyassa Flow		Mobility Class		Vinyassa Flow	
10AM - 11AM	All levels	All Levels		All Levels	Soft Play under 6 yrs	All levels	
11AM - 12PM	HQ Fit Adults	HQ Home Ed Class 6-15 years					
12PM - 1PM							
1PM - 2PM				HQ Jujitsu Adults			
2PM - 3PM							
3PM - 4PM							
4PM - 5PM	Mindfulness 5-7yrs	Tang Soo Do 5-7yrs	Sport Karate 5-7 yrs	Tricking/Gymnastics 5-7yrs			
5PM - 6PM	Mindfulness 8 - 10 yrs	Tang Soo Do 8- 15 yrs	Boxing -15 yrs	Sport Karate 8- 15 yrs	Tricking/Gymnastics 8-15yrs		
6PM - 7PM	Vinyassa Flow All levels		HQ Fit Adults	Sport Karate Adults	Tricking/Gymnastics Adults		
7PM - 8PM	Tang Soo Do Adults	Vinyassa Flow All Levels					
8PM - 9PM							