

THE ALLYWAY 2025

AM	6.30 AM	8.00 AM	9.00 AM	10.00 AM
MON	FUNCTIONAL STRENGTH	FUNCTIONAL FITNESS		PILATES
TUE	FUNCTIONAL FITNESS			FUNCTIONAL FITNESS
WED	PILATES			FUNCTIONAL STRENGTH
THU	FUNCTIONAL STRENGTH			FUNCTIONAL FITNESS
FRI	FUNCTIONAL FITNESS			PILATES
SAT		KETTLEBELL FITNESS	PILATES	FUNCTIONAL STRENGTH

PM	5.00 PM	6.00 PM	7.00 PM	8.00 PM
MON	KETTLEBELL FITNESS	FUNCTIONAL STRENGTH	BEGINNERS COURSE	KETTLEBELL FITNESS
TUE	FUNCTIONAL STRENGTH	PILATES	FUNCTIONAL STRENGTH	KETTLEBELL FITNESS
WED	KETTLEBELL FITNESS	PILATES	BEGINNERS COURSE	
THU	FUNCTIONAL STRENGTH	PILATES	FUNCTIONAL STRENGTH	KETTLEBELL FITNESS
FRI	FUNCTIONAL FITNESS			
SAT				

TEEN CLASS - FRIDAY 2PM