

THE ALLYWAY 2025

AM	6.30 AM	8.00 AM	9.00 AM	10.00 AM
MON	STRENGTH & MOBILITY			PILATES
TUE	STRENGTH & CONDITIONING			STRENGTH & CONDITIONING
WED	PILATES			STRENGTH & MOBILITY
THU	STRENGTH & MOBILITY			STRENGTH & CONDITIONING
FRI	STRENGTH & CONDITIONING			PILATES
SAT		HYROX	PILATES	STRENGTH & MOBILITY

PM	5.00 PM	6.00 PM	7.00 PM	8.00 PM
MON	STRENGTH & CONDITIONING	STRENGTH & MOBILITY	STRENGTH & CONDITIONING	
TUE	STRENGTH & MOBILITY	PILATES	STRENGTH & MOBILITY	STRENGTH & CONDITIONING
WED	HYROX	PILATES		
THU	STRENGTH & MOBILITY	PILATES	STRENGTH & MOBILITY	STRENGTH & CONDITIONING
FRI	STRENGTH & CONDITIONING			
SAT				

BEGINNER COURSE STARTING IN SEPTEMBER WITH CLASSES AT 8PM ON MONDAY AND WEDNESDAY