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
		0		
PM	5.00 PM	6.00 PM	7.00 PM	8.00 PM
PM MON	5.00 PM STRENGTH & CONDITIONING	6.00 PM STRENGTH & MOBILITY	7.00 PM STRENGTH & CONDITIONING	8.00 PM
	STRENGTH &	STRENGTH &	STRENGTH &	8.00 PM STRENGTH & CONDITIONING
MON	STRENGTH & CONDITIONING STRENGTH &	STRENGTH & MOBILITY	STRENGTH & CONDITIONING STRENGTH &	STRENGTH &
MON TUE	STRENGTH & CONDITIONING STRENGTH & MOBILITY	STRENGTH & MOBILITY PILATES	STRENGTH & CONDITIONING STRENGTH &	STRENGTH &
MON TUE WED	STRENGTH & CONDITIONING STRENGTH & MOBILITY HYROX STRENGTH &	STRENGTH & MOBILITY PILATES PILATES	STRENGTH & CONDITIONING STRENGTH & MOBILITY STRENGTH &	STRENGTH & CONDITIONING STRENGTH &

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