

Go-it-alone schedule 26th March -? available times are in Orange

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
5am	Due to the Covid 19 Crisis, we have to close the studio till level 4 is lifted... So, feel free to postpone your go-it-alone membership payments and keep checking this page for updates - Stay safe!!						
530am							
6am							
630am							
7am							
730am							
8am							
830am							
9am							
930am							
10am							
1030am							
11am							
1130am							
12pm							
1230pm							
1pm							
130pm							
2pm							
230pm							
3pm							
330pm							
4pm							
430pm							
5pm							
530pm							
6pm							
630pm							
7pm							
730pm							
8pm							
830pm							
9pm							