

# HALE gym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AM SESSION</b>						
<b>METHOD</b> 5:30am – 6:30am TRAINING ROOM	<b>METHOD</b> 5:30am – 6:30am TRAINING ROOM		<b>METHOD</b> 5:30am – 6:30am TRAINING ROOM	<b>METHOD</b> 5:30am – 6:30am TRAINING ROOM	<b>METHOD</b> 7:00am – 8:00am TRAINING ROOM	
<b>LEAN LAB</b> 6:00am – 7:00am WEIGHTS ROOM	<b>LEAN LAB</b> 6:00am – 7:00am TRAINING ROOM		<b>METHOD</b> 6:30am – 7:30am TRAINING ROOM	<b>LEAN LAB</b> 6:00am – 7:00am WEIGHTS ROOM	<b>LEAN LAB</b> 7:30am – 8:30am WEIGHTS ROOM	
<b>METHOD</b> 6:30am – 7:30am TRAINING ROOM	<b>METHOD</b> 6:30am – 7:30am TRAINING ROOM		<b>METHOD</b> 7:30am – 8:30am TRAINING ROOM	<b>METHOD</b> 6:30am – 7:30am TRAINING ROOM	<b>METHOD</b> 8:00am – 9:00am TRAINING ROOM	
<b>METHOD</b> 7:30am – 8:30am TRAINING ROOM	<b>METHOD</b> 7:30am – 8:30am TRAINING ROOM		<b>METHOD</b> 9:30am – 10:30am TRAINING ROOM	<b>LEAN LAB</b> 7:00am – 8:00am TRAINING ROOM	<b>PURE STRENGTH</b> 8:30am – 9:30am STUDIO	
<b>METHOD</b> 9:30am – 10:30am TRAINING ROOM	<b>METHOD</b> 9:30am – 10:30am TRAINING ROOM			<b>METHOD</b> 7:30am – 8:30am TRAINING ROOM	<b>BARRE</b> 9:15am – 10:00am STUDIO	
				<b>METHOD</b> 9:30am – 10:30am TRAINING ROOM	<b>BARRE</b> 10:15am – 11:00am STUDIO	
					<b>BARRE</b> 11:00am – 11:45am STUDIO	
<b>PM SESSION</b>						
<b>METHOD</b> 5:15pm – 6:15pm TRAINING ROOM	<b>METHOD</b> 5:15pm – 6:15pm TRAINING ROOM	<b>PURE STRENGTH</b> 5:30pm – 6:30pm WEIGHTS ROOM	<b>METHOD</b> 5:15pm – 6:15pm TRAINING ROOM			
<b>LEAN LAB</b> 5:30pm – 6:30pm WEIGHTS ROOM	<b>METHOD</b> 6:15pm – 7:15pm TRAINING ROOM	<b>BARRE ATTACK</b> 5:30pm – 6:15pm STUDIO	<b>METHOD</b> 6:15pm – 7:15pm TRAINING ROOM			
<b>METHOD</b> 6:15pm – 7:15pm TRAINING ROOM		<b>BARRE ATTACK</b> 6:30pm – 7:15pm STUDIO				

Please note: Method, Lean Lab and Pure Strength are all contract based classes. Refer to our website for commencement dates.