

HALE gym

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

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