



Mat Classes Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:30 BEGINNER YOGA with Emily	7AM-7:45AM GENTLE STRETCH CLASS with Natalie		6:45AM-7:30AM PILATES ALL LEVELS with Tracey	7AM-7:45AM SCULPT with Rachel	10:15AM-11AM BEGINNER PILATES with Heather
10:45AM-11:45AM IMPROVERS YOGA with Emily	9:30AM-10:30AM BEGINNERS YOGA with Emily	10AM-11AM GENTLE STRETCH CLASS with Natalie	9:45AM-10:30AM BEGINNER PILATES (Physio-Led) with Rachel	9:30AM-10:15AM PILATES ALL LEVELS with Alix	11:30AM-12:30PM LOW IMPACT CIRCUITS with Rachel
12PM-12:45PM BEGINNER PILATES (Physio-Led) with Rachel	10:45AM-11:15AM SCULPT with Gillian		10:45AM-11:45AM IMPROVERS YOGA with Emily	10:30AM-11:15AM BEGINNER PILATES with Alix	
5:45PM-6:45PM LOW IMPACT CIRCUITS with Rachel	11:30AM-12:15PM PILATES ALL LEVELS with Gillian	5:45PM-6:45PM GENTLE STRETCH CLASS with Natalie	5:30PM-6:30PM GENTLE YOGA with Emily	11:30AM-12:15PM SCULPT with Alix	SUNDAY
7PM-8PM MINDFUL VINYASA YOGA with Katie	6:15PM-7:15PM INTERMEDIATE PILATES with Kathryn	7PM-7:45PM BEGINNER PILATES with Heather	7PM-8PM YOGA FOR ATHLETES & ALL STIFF BODIES with Katie		10AM-10:45AM PILATES (ALL LEVELS) with Rachel
8:15PM-9PM SCULPT with Natalie	7:30PM-8:30PM PILATES FLOW with Kamila	8PM-8:45PM PILATES ALL LEVELS with Lisa			11AM-11:45AM SCULPT with Rachel