



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 Gillian	11:30AM-12:30PM LOW IMPACT CIRCUITS with Rachel
12PM-12:45PM BEGINNER PILATES (Physio-Led) with Rachel	10:45AM-11:15AM SCULPT with Tracey	11:15AM-12PM PILATES ALL LEVELS with Fiona	10:45AM-11:45AM IMPROVERS YOGA with Emily	10:30AM-11:15AM BEGINNER PILATES with Gillian	
5:45PM-6:45PM LOW IMPACT CIRCUITS with Rachel	11:30AM-12:15PM BEGINNER PILATES with Tracey	5:45PM-6:45PM GENTLE STRETCH CLASS with Natalie	5:30PM-6:30PM GENTLE YOGA with Emily	11:30AM-12:15PM SCULPT with Gillian (COMING SOON)	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	12:30PM-1:15PM LUNCHTIME YOGA with Sheree	10AM-10:45AM PILATES (ALL LEVELS) with Tracey
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 Tracey



REFORMER Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30AM-10:15AM CLASSIC REFORMER with Linda	9:30AM-10:15AM COMING SOON	9:15AM-10AM COMING SOON		9:30AM-10:15AM LEVEL-UP with Linda	9:15AM-10AM COMING SOON
10:45AM-11:30AM LEVEL-UP with Linda	10:45AM-11:30M LEVEL-UP with Kimberley	10:15AM-11AM CLASSIC REFORMER with Fiona		10:30AM-11:15AM CLASSIC REFORMER with Linda	10:15AM-11:30AM CLASSIC REFORMER with Fiona
				11:30AM-12:15PM JUMP REFORMER with Linda	
6PM-6:45PM CLASSIC REFORMER with Kami	5:30PM-6:15PM CLASSIC REFORMER with Kami	6PM-6:45PM CLASSIC REFORMER with Kimberley	6PM-6:45PM LEVEL-UP with Fiona		
7PM-7:45PM COMING SOON	6:30PM-7:15PM LEVEL-UP with Kami	7PM-7:45PM LEVEL-UP with Kimberley	7PM-7:45PM CLASSIC REFORMER with Fiona		
		8PM-8:45PM CLASSIC REFORMER with Kimberley	8:15PM-9PM LEVEL-UP with Fiona		