

Hamilton Timetable

■ Yoga

■ Reformer
Pilates

■ Mat
Pilates

■ Coming
Soon

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45am Energising Yoga	9:30am Classic Reformer	7am Energising Yoga	10am Foundation Reformer	6:45am Foundation Reformer	10am Beginner Pilates	9am Foundation Reformer <i>coming soon</i>
9:30am Foundation Reformer	9:30am Pilates All Levels	9:30am Yoga Flow	11am Classic Reformer	9:30am Beginner Pilates		10am Classic Reformer <i>coming soon</i>
10:30am Gentle Yoga	6pm Foundation Reformer <i>coming soon</i>	9:30am Foundation Reformer	6pm Pilates All Levels	10:30am Classic Reformer		
11:30am Beginner Pilates	7pm Beginner Pilates <i>coming soon</i>	10:45am Pilates All Levels	7pm Wind Down Yoga	4pm Classic Reformer <i>coming soon</i>		
5:30pm Energising Yoga		6pm Pilates All Levels	7pm Foundation Reformer	5pm Foundation Reformer <i>coming soon</i>		
6:30pm Pilates All Levels		7pm Foundation Reformer				
7:30pm Pilates All Levels		8pm Gentle Yoga				
6:30pm & 7:30pm Reformer <i>coming soon</i>						

