

STUDIO CLASS TIMETABLE

Monday

Yoga
with Stephanie | 12.30-13.30

Circuits
with Pascal | 18.00-18.45

Tuesday

Yoga
with Stephanie | 10.00-11.15

Barre
with Anna | 12.30-13.15

Mindful Tai Chi
with Hin Ho | 18.00-19.00

Wednesday

Strength Training
with Marc | 11.00-11.45
with Marc | 11.55-12.40

Body Balance
with Charlotte | 18.30-19.30

Thursday

Pilates
with Anna | 10.45-11.35

Yoga
with Caroline | 18.30-19.30

Friday

Pilates
with Marc | 10.10-10.55
with Marc | 11.15-12.00