

# STUDIO CLASS TIMETABLE

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Monday	YOGA	Nacho	11.00-12.00
	YOGA	Stephanie	12.30-13.30
	HIIT PILATES	Anna	18.30-19.15

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Tuesday	YOGA	Stephanie	09.45-11.00
	CIRCUITS	Pascal	11.15-12.00
	TAI CHI	Hin Ho	18.00-19.00

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Wednesday	STRENGTH TRAINING	Marc	11.00-11.45
			11.55-12.40
			12.45-13.30
	BODY BALANCE	Charlotte	18.30-19.30

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Thursday	PILATES	Anna	09.15-10.00
	BARRE	Anna	10.15-11.00
	YOGA	Caroline	18.30-19.30

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Friday	PILATES	Marc	09.25-10.10
			10.20-11.05
			11.15-12.00