

STUDIO CLASS TIMETABLE

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

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

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

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

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

Saturday	PILATES	Rachael	10.45-11.45
	CIRCUITS	Joe	12.00-12.45