

# 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     | 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 |

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| Saturday | Pilates  | Rachael | 10.45-11.45 |
|          | Circuits | Joe     | 12.00-12.45 |