

STUDIO CLASS TIMETABLE

Monday	Yoga	Nacho	11.00-12.00
	Yoga	Stephanie	12.30-13.30
	Strength & Restore	Svitlana	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	Marc	11.00-11.45
			11.55-12.40
			12.45-13.30
	Body Balance	Charlotte	18.30-19.30

Thursday	Body Conditioning	Svitlana	09.15-10.00
	Pilates	Magda	10.15-11.15
	Pilates	Magda	11.30-12.30
	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	Debbie	12.00-12.45