

Studio Timetables

REFORMER STUDIO

	6.00am	7.00am	8.00am	9.00am	10.00am	11.00am	12.00pm	4.30pm	5.15pm	6.15pm	7.15pm	8.15pm
MONDAY	Reformer	Reformer			Reformer	Reformer	Reformer	Reformer	Reformer	Reformer	Cardio	Reformer
TUESDAY					Reformer		Reformer		Reformer	Reformer	Reformer	Reformer
WEDNESDAY	Reformer	Reformer			Reformer	Reformer	Reformer		Reformer	Reformer	Reformer	
THURSDAY					Reformer		Cardio	Reformer	Reformer	Cardio		
FRIDAY	6.30am Reformer				Reformer		Reformer		Reformer	Reformer		
SATURDAY			Reformer	Reformer	Reformer	Reformer						
SUNDAY				Reformer	Reformer	Reformer						

YOGA + DANCE STUDIO

		7.45am	9.00am	10.00am	11.00am	12.00am		5.15pm	6.15pm	7.15pm	8.15pm
MONDAY					Yoga			Yoga	Int. Yoga	Zumba	
TUESDAY					Yoga			Yoga	Hot Yoga	Yoga	
WEDNESDAY					Yoga				Hot Yoga		
THURSDAY	6.30am Yoga				Hot Yoga				Yoga	Zumba	
FRIDAY											
SATURDAY			Kung Fu	Yoga	Zumba	Yoga					
SUNDAY				Yoga	Yoga						

CLINICAL PILATES STUDIO

		7.45am	9.00am	10.00am	11.00am	12.00pm		5.15pm	6.15pm	7.15pm	8.15pm
MONDAY				CP & PPS					CP & PPS	CP & PPS	
TUESDAY									CP & PPS		
WEDNESDAY			CP & PPS								
THURSDAY									CP & PPS		
FRIDAY				CP & PPS							

SUPERVISED CHILDS PLAY

				10.00am	11.00am	12.00pm					
MONDAY					Kids		Kids				
TUESDAY											
WEDNESDAY					Kids		Kids				
THURSDAY											
FRIDAY					Kids						

All Childs Play and CP & PPS classes require bookings

Cardio - Int. Med. Reformer class (min 1mth exp req)

Reception hours Monday to Saturday around class times only.

Level 2 - Int. Med. Yoga class (min 6mths exp req)

Please bring your own Yoga mat to Yoga classes

Zumba - Cardio Dance class

Please note: Quro is closed on Public Holidays

Kung Fu - Martial Arts Cardio class

Voucher members can only book into Green classes. ALL OTHER classes are reserved for members ONLY!

Any and All Classes may be changed, postponed or cancelled without notice.