

Christmas Timetable 2017

Combined Christmas Timetable											
		6.30am	7.30am	9.00am	10.00am	11.00am	12.00pm	4.30pm	5.15pm	6.15pm	7.15pm
21st Dec	THURSDAY	Yoga			Reformer	Yoga	Reformer	Reformer	Reformer	Yoga/ Reformer	Zumba
22nd Dec	FRIDAY	Reformer		Clinical	Reformer	Reformer	Reformer		Reformer	Reformer	
23rd Dec	SATURDAY	Closed for Christmas									
24th Dec	SUNDAY	Closed for Christmas									

Combined Christmas Timetable											
		6.30am	7.30am	9.00am	10.00am	11.00am	12.00pm		5.15pm	6.15pm	7.15pm
25th Dec	MONDAY	Closed for Christmas									
26th Dec	TUESDAY	Closed for Christmas									
27th Dec	WEDNESDAY				Reformer	Yoga			Reformer	Yoga/ Reformer	
28th Dec	THURSDAY					Yoga	Reformer		Reformer	Yoga/ Clinical	Zumba
29th Dec	FRIDAY			Clinical	Reformer				Reformer	Reformer	
30th Dec	SATURDAY	Closed for New Year									
31st Dec	SUNDAY	Closed for New Year									

Combined Christmas Timetable											
		6.30am	7.30am	9.00am	10.00am	11.00am	12.00pm		5.15pm	6.15pm	7.15pm
1st Jan	MONDAY	Closed for New Year									
2nd Jan	TUESDAY	Closed for New Year									
3rd Jan	WEDNESDAY	Reformer	Clinical		Reformer	Yoga			Reformer	Yoga/ Reformer	
4th Jan	THURSDAY					Yoga	Reformer		Reformer	Yoga/ Reformer	Zumba
5th Jan	FRIDAY	Reformer		Clinical	Reformer		Reformer		Reformer	Reformer	
6th Jan	SATURDAY			Yoga/ Reformer	Zumba/ Reformer	Yoga					
7th Jan	SUNDAY			Yoga/ Reformer	Yoga/ Reformer						
8th Jan	MONDAY	Regular Classes Start as of 8th January 2018									

Merry Christmas from Quro



Regular Timetable

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	Reformer	Reformer
TUESDAY					Reformer		Reformer		Reformer	Reformer	Reformer	Reformer
WEDNESDAY	Reformer	Reformer			Reformer	Reformer	Reformer		Reformer	Reformer	Reformer	
THURSDAY					Reformer		Reformer	Reformer	Reformer	Reformer		
FRIDAY	6.30am Reformer				Reformer	Reformer	Reformer		Reformer	Reformer		
SATURDAY			Reformer	Reformer	Reformer	Reformer						
SUNDAY				Reformer	Reformer	Reformer						

YOGA STUDIO

	7.45am	9.00am	10.00am	11.00am	12.00pm	5.15pm	6.15pm	7.15pm	8.15pm
MONDAY					Yoga		Yoga	Level 2 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		

Please note all closures for Christmas and New Year

No Reception will be working from 23rd Dec to 7th Jan

No Child Minding available from 23rd Dec to 7th Jan

Clinical classes strictly by booking made before Christmas break

Classes shown at the same time are 2 seperate classes

Cardio - Intermediate Reformer class (min 1 mths exp req)

Level 2 - Intermediate Yoga class (min 6 mths exp req)

Zumba - Cardio Dance class

Kung Fu - Martial Arts Cardio class