

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	Reformer		
SATURDAY			Reformer	Reformer	Reformer	Reformer						
SUNDAY				Reformer	Reformer	Reformer						

YOGA + DANCE STUDIO

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

Reception hours Monday to Saturday around class times only.

Please bring your own Yoga mat to Yoga classes

Please note: Quoro is closed on Public Holidays

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

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

Zumba - Cardio Dance class

Kung Fu - Martial Arts Cardio class

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