

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	Reformer
TUESDAY					Reformer		Reformer		Reformer	Reformer	Reformer	Reformer
WEDNESDAY	Reformer	Reformer			Reformer	Reformer	Reformer		Reformer	Reformer	Reformer	
THURSDAY					Reformer		Cardio Reformer	Reformer	Reformer	Cardio Reformer		
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	Level 2 Yoga	Zumba
TUESDAY				Yoga			Warm Yoga	Yoga	Yoga
WEDNESDAY				Yoga				Warm Yoga	
THURSDAY	6.30am Yoga			Warm Yoga				Yoga	
FRIDAY									
SATURDAY			Kung Fu	Yoga	Zumba 10.15am	Yoga			
SUNDAY			Yoga 75mins	10.30am Yoga (Nidra 1st Sunday of the month)					

CLINICAL PILATES STUDIO and SUPERVISED CHILDS PLAY

	7.45am	9.00am	10.00am	11.00am	12.00pm	5.15pm	6.15pm	7.15pm	8.15pm
MONDAY			Clinical Pilates	Kids		Kids		Clinical Pilates	Clinical Pilates
TUESDAY								Clinical Pilates	
WEDNESDAY			Clinical Pilates	Kids		Kids			
THURSDAY								Clinical Pilates	
FRIDAY			Clinical Pilates	Kids					

All Childs Play and Clinical Pilates classes require bookings

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

Reception hours Monday to Saturday around class times only.

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

Please bring your own Yoga mat to Yoga classes

Zumba - Cardio Dance class

Please note: Quoro is closed on Public Holidays

Kung Fu - Martial Arts Cardio class

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