

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	12.00am	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

Reception hours Monday to Saturday around class times only.

Please bring your own Yoga mat to Yoga classes

Please note: Quro is closed on Public Holidays

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.

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