



PILATES REFORMER													
	6.30am	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	4.15pm	5.15pm	6.15pm	7.15pm	8.15pm
MONDAY	Reformer			Reformer		Reformer				Reformer	Reformer	Reformer	Reformer
TUESDAY				Reformer		Reformer				Reformer	Reformer	Reformer	
WEDNESDAY	Reformer			Reformer		Reformer				Reformer	Reformer	Reformer	
THURSDAY				Reformer						Reformer	Reformer		
FRIDAY	Reformer			Reformer							Reformer		
SATURDAY		Reformer	Reformer	Reformer									
SUNDAY			Reformer										

ZUMBA® + YOGA CLASSES													
	6.30am	7.30am	9.00am	10.00am	11.00am	12.00am	1.00pm	2.00pm	4.15pm	5.15pm	6.15pm	7.15pm	8.15pm
MONDAY					Yoga						Yoga		
TUESDAY					Yoga							Hot Yoga	
WEDNESDAY					Yoga					Yoga			
THURSDAY					Hot Yoga						Yoga	Kung Fu (7:30)	
FRIDAY										Yoga			
SATURDAY			Yoga	Yoga	Yoga								
SUNDAY				Yoga									

CLINICAL PILATES + POWER PLATE SCULPTING													
	6.30am	7.30am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	4.15pm	5.15pm	6.15pm	7.15pm	8.15pm
MONDAY		CP & PPS	CP & PPS	CP & PPS							CP & PPS	CP & PPS	
TUESDAY											CP & PPS		
WEDNESDAY		CP & PPS	CP & PPS								CP & PPS	CP & PPS	
THURSDAY													
FRIDAY		CP & PPS	CP & PPS										
SATURDAY													

SUPERVISED CHILDS PLAY													
				10.00am	11.00am	12.00am							
MONDAY				Kids		Kids							
TUESDAY													
WEDNESDAY				Kids	Kids								
THURSDAY													
FRIDAY				Kids									
SATURDAY													

All Childs Play and CP & PPS classes require bookings on a monthly basis  
 Any and All Classes may be changed, postponed or cancelled without notice.  
 Due to health and safety reasons, no one is permitted to enter a class once the exercises have started.  
 Please note: Quoro is closed on Public Holidays  
 Reception Hours: Monday to Friday 10am to 7.30pm & Saturday 8.30am to 11.30am