

Autumn Timetable 2022

Yoga				Class Duration: 60 Minutes			
Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
7.00 AM		Christine Hatha (All Levels)		Christine Hatha (All Levels)		Merren Hatha (All Levels)	
8.00 AM							
9.00 AM	Dan Hatha (All Levels)	Dan Hatha (All Levels)	Kylie Hatha (All Levels)	Kylie Hatha (All Levels)	Rita Hatha (All Levels)	Barbara Hatha (All Levels)	
10.00 AM							Kate/Stephanie Hatha (All Levels)
11.00 AM							
4.00 PM							Rita Restorative Yoga
5.30 PM		Barbara Hatha (All Levels) 60 mins		Barbara Hatha (All Levels) 60 mins			
6.15 PM							
6.30 PM		Barbara Yin Yoga		Barbara Yin Yoga			
7.15 PM	Rita Hatha (All Levels) 60 mins	Barre Class 45 mins	Teacher Beginners				
7.30 PM							
8.15 PM							
8.30 PM							

Pilates				Class Duration: 45 Minutes			
Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6.30 AM		Dariia Fusion Reformer			Sareena Reformer Pilates Flow		
7.15 AM			Lashini Fusion Reformer				
8.00 AM						Dariia Reformer Pilates Flow Dariia Reformer Pilates Flow Dariia Reformer Pilates Flow	
10.00 AM	Dariia Reformer Pilates Flow	Dariia Reformer Pilates Flow	Suzie Reformer Power Pilates	Sareena Reformer Pilates Flow	Sareena Reformer Pilates Flow	Dariia Reformer Pilates Flow	
11.00 AM							
12.15 PM	Dariia Reformer Pilates Flow	Dariia Reformer Pilates Flow	Suzie Reformer Power Pilates		Sareena Fusion Reformer		
5.30 PM	Dariia Reformer Pilates Flow	Dariia Reformer Pilates Flow	Sareena Reformer Pilates Flow	Suzie Reformer Power Pilates			
6.30 PM	Dariia Reformer Pilates Flow	Dariia Reformer Pilates Flow	Sareena Reformer Pilates Flow	Suzie Reformer Power Pilates			
7.30 PM							