

Class Timetable 2022

Yoga				Class Duration: 60 Minutes			
Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
9.00 AM						Barbara Hatha (All Levels) 60 mins	
10.00 AM							Kate/Stephanie Hatha (All Levels) 60 mins
12.00 PM				Kostya Hatha (All Levels) 60 mins (starts 28th July)			
4.00 PM							Rita Restorative 60 mins
5.30 PM		Barbara Hatha (All Levels) 60 mins		Barbara Hatha (All Levels) 60 mins			
6.30 PM		Barbara Yin Yoga 60mins		Barbara Yin Yoga 60mins			
7.15 PM	Rita Hatha (All Levels) 60 mins	Barbara Yin Yoga 60mins	Michelle Beginners 60mins				
7.30 PM		Barre Class Melanie 45mins					
Pilates				Class Duration: 45 Minutes			
Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6.30 AM		Sareena Reformer Pilates	Mai Reformer Pilates		Sareena Reformer Pilates		
7.15 AM							
8.00 AM						Dariia Reformer Pilates	
9.00 AM						Dariia Reformer Pilates	
10.00 AM	Dariia Reformer Pilates	Dariia Reformer Pilates	Ashleigh Reformer Pilates	Sareena Reformer Pilates	Sareena Reformer Pilates	Dariia Reformer Pilates	
12.15 PM	Dariia Reformer Pilates	Dariia Reformer Pilates	Annie Reformer Pilates		Sareena Reformer Pilates		
5.30 PM	Dariia Reformer Pilates	Dariia Reformer Pilates	Tamsin Reformer Pilates	Suzie Reformer Pilates			
6.30 PM	Dariia Reformer Pilates	Dariia Reformer Pilates	Tamsin Reformer Pilates	Suzie Reformer Pilates			