

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 | | | |
| 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 | | Michelle Hatha (All Levels) 60 mins | | | | |
| 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 | | | 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 | Annie 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 | | | |