

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							
7.15 AM							
8.00 AM						Ashleigh (cvr) Reformer Pilates	
9.00 AM				Tamsin Reformer Pilates (starts 15th Sept)		Ashleigh (cvr) Reformer Pilates	
10.00 AM	Dariia Reformer Pilates	Dariia Reformer Pilates	Annie Reformer Pilates	Tamsin Reformer Pilates	Annie (cvr) Reformer Pilates	Ashleigh (cvr) Reformer Pilates	
12.15 PM	Dariia Reformer Pilates	Dariia Reformer Pilates	Annie Reformer Pilates		Annie (cvr) Reformer Pilates		
5.30 PM	Ashleigh (cvr) Reformer Pilates	Ashleigh (cvr) Reformer Pilates	Tamsin Reformer Pilates	(Cover teacher) Reformer Pilates			
6.30 PM	Ashleigh (cvr) Reformer Pilates	Ashleigh (cvr) Reformer Pilates	Tamsin Reformer Pilates	(Cover teacher) Reformer Pilates			