



TIMETABLE (may change on short notice. Members will be notified.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Vinyasa Yoga (Yoga Therapy <i>With Sandra</i>) 5:30am – 6:30 am	Pilates HiiT (<i>cardio with Wendy</i>) 5:30am - 6:20 am		Pilates Sculpt (<i>with Wendy</i>) 5:30am -6:20 am	Barre Sculpt 5:30am – 6:20am	
			Barre Sculpt 6:30 am – 7:20 am		Stretch & Strength 6:30pm – 7:20pm	
Pilates in the Park 7:00 –7:45 am (MARCH 2021)						Private / Semi-Private Session 8:00 – 9:00 am
Yoga Flow (<i>with Anne</i>) 8:00 – 9:00 am			Yoga Flow (<i>with Danielle</i>) 9:15 – 10:15 am			Private / Semi-Private Session 9:15 – 10:15 am
Beginner Barre (<i>with Anne</i>) 9:10 – 10:00 am						Private / Semi-Private Session 10:30 – 11:30 am
	Pilates HiiT (<i>cardio with Anne</i>) 5:30 – 6:20pm	Pilates Power 5:30pm – 6:20pm	Pilates Sculpt 5:30pm – 6:20pm	Fit To Deliver (<i>Prenatal Trimester 2/3</i>) 5:30pm – 6:20pm		
	Stretch & Strength 6:30pm – 7:20pm	Yin Yoga 6:30pm -7:30 pm	Pilates Foundations (Beginner's Course in February 2021)	Pilates FitBall 6:30 – 7:20pm Yoga Flow (<i>with Danielle</i>) 7:30pm – 8:30pm		