



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Vinyasa Yoga Flow 5:30am – 6:30 am	Stretch & Strength 5:30am - 6:20 am		Pilates Sculpt 5:30am -6:20 am	Barre Sculpt 5:30am – 6:20am	
			Barre Sculpt 6:30 am – 7:20 am			
						Private / Semi-Private Session 8:00 – 9:00 am
	Graceful Aging (65+) <i>(with Anne)</i> 9:15 – 10:00 am		Mums & Bubs <i>(with Danielle)</i> 8:30am – 9:45am		Beginner FitBall Pilates 9:15 – 10:05	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	FitBall Pilates 5:30 – 6:30pm		
	Stretch & Strength 6:30pm – 7:20pm	Yin Yoga 6:30pm -7:30 pm		Yoga Flow <i>(with Danielle)</i> 6:30pm – 7:30pm		