







Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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6:30am Vinyasa Flow				6:30am Vinyasa Flow		
9:15am Pilates - Mat 	8:15am Slow Flow Yoga	9:15am Barre Attack/Circuit (alternating weeks) 	9:15am Pilates 	9:15am Suspension Circuit 	8:45am Vinyasa - Level 1	
10:30am Kangatraining 	9:30am Mums & Bubs Yoga 	10:15am Chair Yoga			10:00am Slow flow (beginners)	9:00am Vin & Yin Yoga
11:45am Mum's Group 					11:15am Pilates	10:30am Chair Yoga
5:15pm Suspension Circuit 		5:15pm Suspension Circuit 				4:00pm Yin Yoga
6:00pm Pilates - Mat	6:00pm Barre Attack	6:15pm Myofascial Release Yoga	6:30pm Vinyasa			
7:15pm Prenatal Yoga	7:00pm Sculpt Pilates	7:30pm Yin & Meditation	7:30pm Somatic Yoga			