

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am  Vinyasa Flow		8:00am  Slow Flow Yoga		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  MFR	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			



Family Friendly Class



Comfortable Footwear Required