

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am Slow flow	8:00am Pilates 	8:00am Slow Flow Yoga	8:00 am Pilates 	7:00am Power Yoga	7:30 am Pilates	
9:15am Pilates - Mat 	9:30am Myofascial Release Yoga 	9:15am Barre Attack/Circuit (alternating weeks)  	9:30am Suspension Circuit  	9:15am Suspension Circuit  	8:45am Vinyasa - Level 1	
10:30am Kangatraining 	10:45am Suspension Circuit 	10:15am Chair Yoga			10:00am Slow flow (beginners)	9:00am Vin & Yin Yoga
12:00pm 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