

## REFORMER PILATES ( Class Duration: 45min)

### MONDAY

06.30am Reformer Pilates  
07.15am Reformer Pilates  
08.30am Reformer Pilates  
09.30am Reformer Pilates  
10.15am Reformer Pilates  
12.30pm Reformer Pilates  
01.15pm Reformer Pilates  
05.15pm Reformer Pilates  
05.45pm Reformer Pilates  
06.00pm Reformer Pilates  
06.30pm Reformer Pilates  
07.15pm Reformer Pilates  
08.00pm Reformer Pilates

### TUESDAY

05.45am Reformer Pilates  
06.30am Reformer Pilates  
07.15am Reformer Pilates  
09.30am Reformer Pilates  
10.15am Reformer Pilates  
11.30am Reformer Pilates  
12.15pm Reformer Pilates  
04.15pm Reformer Pilates  
05.15pm Reformer Pilates  
05.45pm Reformer Pilates  
06.00pm Reformer Pilates  
06.30pm Reformer Pilates  
07.15pm Reformer Pilates  
08.00pm Reformer Pilates

### WEDNESDAY

06.30am Reformer Pilates  
07.15am Reformer Pilates  
08.30am Reformer Pilates  
09.30am Reformer Pilates  
10.15am Reformer Pilates  
12.30pm Reformer Pilates  
01.15pm Reformer Pilates  
05.15pm Reformer Pilates  
05.45pm Reformer Pilates  
06.00pm Reformer Pilates  
06.30pm Reformer Pilates  
07.15pm Reformer Pilates  
08.00pm Reformer Pilates

### THURSDAY

05.45am Reformer Pilates  
06.30am Reformer Pilates  
07.15am Reformer Pilates  
09.30am Reformer Pilates  
10.15am Reformer Pilates  
11.30am Reformer Pilates  
12.15pm Reformer Pilates  
04.15pm Reformer Pilates  
05.15pm Reformer Pilates  
06.00pm Reformer Pilates  
06.45pm Reformer Pilates

### FRIDAY

06.30am Reformer Pilates  
07.15am Reformer Pilates  
08.30am Reformer Pilates  
09.30am Reformer Pilates  
10.15am Reformer Pilates  
12.30pm Reformer Pilates  
01.15pm Reformer Pilates  
05.00pm Reformer Pilates  
05.45pm Reformer Pilates  
06.30pm Reformer Pilates

### SATURDAY

07.15am Reformer Pilates  
08.00am Reformer Pilates  
08.45am Reformer Pilates  
09.00am Reformer Pilates  
09.45am Reformer Pilates  
11.00am Reformer Pilates  
11.45am Reformer Pilates  
04.00pm Reformer Pilates  
04.45pm Reformer Pilates

### SUNDAY

08.00am Reformer Pilates  
08.45am Reformer Pilates  
09.30am Reformer Pilates  
10.00am Reformer Pilates  
10.45am Reformer Pilates  
04.00pm Reformer Pilates  
04.45pm Reformer Pilates

## FITNESS CIRCUIT ( Class Duration: 45min)

### MONDAY

06.15am Fitness Circuit  
07.00am Fitness Circuit  
05.45pm Fitness Circuit  
06.30pm Fitness Circuit

### TUESDAY

06.15am Fitness Circuit  
07.00am Fitness Circuit  
05.45pm Fitness Circuit  
06.30pm Fitness Circuit

### WEDNESDAY

06.15am Fitness Circuit  
07.00am Fitness Circuit  
09.15am Fitness Circuit  
05.45pm Fitness Circuit  
06.30pm Fitness Circuit

### THURSDAY

06.15am Fitness Circuit  
07.00am Fitness Circuit  
05.45pm Fitness Circuit  
06.30pm Fitness Circuit

### FRIDAY

06.15am Fitness Circuit  
07.00am Fitness Circuit  
09.15am Fitness Circuit

### SATURDAY

08.15am Fitness Circuit  
09.00am Fitness Circuit

### SUNDAY

08.15am Fitness Circuit

## YOGA ( Class Duration: 60min)

### MONDAY

06.00am Flow  
09.30am Flow  
06.30pm Slow Flow  
07.30pm Yin & Breathwork

### TUESDAY

12.00pm Express Flow (45min)  
05.30pm Flow  
06.30pm Yin & Nidra

### WEDNESDAY

06.00am Flow  
09.30am Flow  
06.30pm Slow Flow  
07.30pm Yin

### THURSDAY

12.00pm Express Flow (45min)  
05.30pm Flow  
06.30pm Yin & Release

### FRIDAY

06.00am Flow  
09.30am Slow Flow  
05.30pm Yin

### SATURDAY

07.30am Flow  
08.30am Slow Flow  
09.30am 20 min Breathwork  
04.00pm Slow Flow

### SUNDAY

08.00am Slow Flow  
09.30am Yin  
10.30am 20min Breathwork  
04.00pm Slow Flow  
05.00pm Yin & Nidra