

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
04.30pm 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
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