

REFORMER PILATES ( Class Duration: 45min)

| MONDAY                   | TUESDAY                  | WEDNESDAY                | THURSDAY                 | FRIDAY                   | SATURDAY                 | SUNDAY                   |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 05.30am Reformer Pilates | 05.30am Reformer Pilates | 05.30am Reformer Pilates | 05.30am Reformer Pilates | 05.30am Reformer Pilates | 08.00am Reformer Pilates | 08.15am Reformer Pilates |
| 06.15am Reformer Pilates | 06.15am Reformer Pilates | 06.15am Reformer Pilates | 06.15am Reformer Pilates | 06.15am Reformer Pilates | 08.15am Reformer Pilates | 09.00am Reformer Pilates |
| 07.00am Reformer Pilates | 07.00am Reformer Pilates | 07.00am Reformer Pilates | 07.00am Reformer Pilates | 07.00am Reformer Pilates | 08.45am Reformer Pilates | 09.15am Reformer Pilates |
| 08.00am Reformer Pilates | 08.00am Reformer Pilates | 08.00am Reformer Pilates | 08.00am Reformer Pilates | 08.00am Reformer Pilates | 09.00am Reformer Pilates | 10.00pm Reformer Pilates |
| 08.45am Reformer Pilates | 08.45am Reformer Pilates | 08.45am Reformer Pilates | 08.45am Reformer Pilates | 08.45am Reformer Pilates | 09.30am Reformer Pilates | 10.15am Reformer Pilates |
| 09.30am Reformer Pilates | 09.30am Reformer Pilates | 09.30am Reformer Pilates | 09.30am Reformer Pilates | 09.30am Reformer Pilates | 10.15am Reformer Pilates | 02.30pm Reformer Pilates |
| 12.00pm Reformer Pilates | 12.00pm Reformer Pilates | 12.00pm Reformer Pilates | 12.00pm Reformer Pilates | 12.00pm Reformer Pilates | 02.30pm Reformer Pilates | 03.15pm Reformer Pilates |
| 12.45pm Reformer Pilates | 12.45pm Reformer Pilates | 12.45pm Reformer Pilates | 12.45pm Reformer Pilates | 12.45pm Reformer Pilates | 03.15pm Reformer Pilates |                          |
| 04.30pm Reformer Pilates | 04.30pm Reformer Pilates | 04.30pm Reformer Pilates | 04.30pm Reformer Pilates | 04.30pm Reformer Pilates |                          |                          |
| 05.15pm Reformer Pilates | 05.15pm Reformer Pilates | 05.15pm Reformer Pilates | 05.15pm Reformer Pilates | 05.15pm Reformer Pilates |                          |                          |
| 06.00pm Reformer Pilates | 06.00pm Reformer Pilates | 06.00pm Reformer Pilates | 06.00pm Reformer Pilates | 06.00pm Reformer Pilates |                          |                          |
| 06.45pm Reformer Pilates | 06.45pm Reformer Pilates | 06.45pm Reformer Pilates | 06.45pm Reformer Pilates |                          |                          |                          |

FITNESS CIRCUIT & BARRE ( Class Duration: 45min)

| MONDAY                  | TUESDAY                 | WEDNESDAY               | THURSDAY                | FRIDAY                  | SATURDAY                | SUNDAY                  |
|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| 06.00am Fitness Circuit | 06.00am Fitness Circuit | 06.00am Fitness Circuit | 06.00am Fitness Circuit | 06.00am Fitness Circuit | 08.00am Fitness Circuit | 09.15am Fitness Circuit |
| 06.45am Fitness Circuit | 06.45am Fitness Circuit | 06.45am Fitness Circuit | 06.45am Fitness Circuit | 07.00am Fitness Circuit | 08.45am Fitness Circuit | 10.15am Barre           |
| 05.30pm Fitness Circuit | 07.30am Fitness Circuit | 05.45pm Barre           | 05.30pm Fitness Circuit | 09.30am Barre           | 09.30am Fitness Circuit |                         |
| 06.15pm Fitness Circuit | 05.00pm Fitness Circuit |                         | 06.15pm Fitness Circuit |                         | 10.30am Barre           |                         |
|                         | 06.00pm Barre           |                         |                         |                         |                         |                         |

YOGA ( Class Duration: 60min)

| MONDAY                | TUESDAY           | WEDNESDAY                | THURSDAY            | FRIDAY            | SATURDAY          | SUNDAY                   |
|-----------------------|-------------------|--------------------------|---------------------|-------------------|-------------------|--------------------------|
| 09.15am Slow Flow     | 07.00am Slow Flow | 09.15am Slow Flow        | 07.00am Flow        | 09.15am Slow Flow | 08.30am Flow      | 09.00am Slow Flow        |
| 05.30pm Flow          | 05.30pm Slow Flow | 05.30pm Slow Flow        | 05.30pm Flow        | 05.30pm Yin       | 10.00am Slow Flow | 10.00am 20min Breathwork |
| 06.30pm Yin & Release | 06.30pm Yin       | 06.30pm Yin & Breathwork | 06.30pm Yin & Nidra |                   |                   | 02.45pm Flow & Release   |
|                       |                   |                          |                     |                   |                   | 03.45pm Yin & Nidra      |

SPINNING ( Class Duration: 45min)

| MONDAY           | TUESDAY          | WEDNESDAY        | THURSDAY         | FRIDAY | SATURDAY         | SUNDAY           |
|------------------|------------------|------------------|------------------|--------|------------------|------------------|
| 05.30pm Spinning | 06.15am Spinning | 05.30pm Spinning | 06.15am Spinning |        | 08.30am Spinning | 09.45am Spinning |
|                  |                  |                  |                  |        |                  |                  |