

REFORMER PILATES (Class Duration: 45min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30am Reformer Pilates 07.30am Reformer Pilates 08.30am Reformer Pilates 11.30am Reformer Pilates 12.15pm Reformer Pilates 04.00pm Reformer Pilates 04.45pm Reformer Pilates 05.15pm Reformer Pilates 05.45pm Reformer Pilates 06.00pm Reformer Pilates 06.45pm Reformer Pilates	06.30am Reformer Pilates 07.30am Reformer Pilates 08.30am Reformer Pilates 10.00am Reformer Pilates 11.30am Reformer Pilates 12.15pm Reformer Pilates 04.00pm Reformer Pilates 04.45pm Reformer Pilates 05.15pm Reformer Pilates 05.45pm Reformer Pilates 06.00pm Reformer Pilates 06.45pm Reformer Pilates	06.30am Reformer Pilates 07.30am Reformer Pilates 08.30am Reformer Pilates 10.00am Reformer Pilates 12.15pm Reformer Pilates 01.00pm Reformer Pilates 04.00pm Reformer Pilates 04.45pm Reformer Pilates 05.15pm Reformer Pilates 05.45pm Reformer Pilates 06.00pm Reformer Pilates 06.45pm Reformer Pilates	06.30am Reformer Pilates 07.30am Reformer Pilates 08.30am Reformer Pilates 10.00am Reformer Pilates 11.30am Reformer Pilates 12.15pm Reformer Pilates 04.00pm Reformer Pilates 04.45pm Reformer Pilates 05.15pm Reformer Pilates 05.45pm Reformer Pilates 06.00pm Reformer Pilates 06.45pm Reformer Pilates	06.30am Reformer Pilates 07.30am Reformer Pilates 08.30am Reformer Pilates 10.00am Reformer Pilates 12.15pm Reformer Pilates 01.00pm Reformer Pilates 04.00pm Reformer Pilates 04.45pm Reformer Pilates 05.30pm Reformer Pilates 06.15pm Reformer Pilates	08.45am Reformer Pilates 09.30am Reformer Pilates 10.15am Reformer Pilates 11.00am Reformer Pilates 01.00pm Reformer Pilates 01.45pm Reformer Pilates	09.00am Reformer Pilates 10.00am Reformer Pilates 10.45am Reformer Pilates 01.00pm Reformer Pilates 01.45pm Reformer Pilates

MAT PILATES (Class Duration: 45min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
04.15pm Mat Pilates	06.15pm Mat Pilates		06.15am Mat Pilates		11.30am Mat Pilates	

FITNESS CIRCUIT (Class Duration: 45min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00am Fitness Circuit 05.15pm Fitness Circuit 06.00pm Fitness Circuit	07.00am Fitness Circuit 05.15pm Fitness Circuit 06.00pm Fitness Circuit	06.15am Fitness Circuit 07.00am Fitness Circuit 05.15pm Fitness Circuit 06.00pm Fitness Circuit	07.00am Fitness Circuit 05.15pm Fitness Circuit 06.00pm Fitness Circuit	07.00am Fitness Circuit 05.15pm Fitness Circuit	09.15am Fitness Circuit 10.00am Fitness Circuit	09.30am Fitness Circuit 10.15am Fitness Circuit

YOGA (Class Duration: 60min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.30am Slow Flow 05.30pm Slow Flow 06.30pm Yin & Breathwork	05.30pm Slow Flow 06.30pm Yin & Nidra	09.30am Flow 05.30pm Slow Flow 06.30pm Yin	05.30pm Slow Flow 06.30pm Yin & Nidra	09.30am Flow 12.15pm Express Flow 45m 05.30pm Yin	09.30am Slow Flow 10.30am Yin & Release	09.30am Slow Flow 10.30am Yin 11.30am 20 min Breathwork 02.30pm Yin

BARRE (Class Duration: 45min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05.30pm Barre 06.15pm Barre	07.15am Barre 05.30pm Barre	05.15pm Barre 06.00pm Barre		05.30pm Barre	10.45am Barre	9.45am Barre