KĀYA PILATES YOGA FITNESS

KAYA CHADSTONE TIMETABLE

OPERATING HOURS
Monday- Thursday: 5.30am-9.30pm
Friday: 5.30am-8.30pm
Saturday & Sunday: 7am-7pm
Public Holidays : Refer to website

REFORMER PILATES (Class Duration: 45min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30am Reformer Pilates	05.45am Reformer Pilates	06.30am Reformer Pilates	05.45am Reformer Pilates	06.30am Reformer Pilates	08.00am Reformer Pilates	08.00am Reformer Pilates
07.15am Reformer Pilates	06.30am Reformer Pilates	07.15am Reformer Pilates	06.30am Reformer Pilates	07.15am Reformer Pilates	08.45am Reformer Pilates	08.45am Reformer Pilates
09.30am Reformer Pilates	07.15am Reformer Pilates	08.30am Reformer Pilates	07.15am Reformer Pilates	09.30am Reformer Pilates	09.45am Reformer Pilates	09.30am Reformer Pilates
10.15am Reformer Pilates	08.30am Reformer Pilates	09.30am Reformer Pilates	09.30am Reformer Pilates	10.15am Reformer Pilates	10.30am Reformer Pilates	10.30am Reformer Pilates
12.00pm Reformer Pilates	09.30am Reformer Pilates	10.15am Reformer Pilates	10.15am Reformer Pilates	12.00pm Reformer Pilates	11.15am Reformer Pilates	04.00pm Reformer Pilates
12.45pm Reformer Pilates	10.15am Reformer Pilates	12.00pm Reformer Pilates	12.00pm Reformer Pilates	12.45pm Reformer Pilates	04.00pm Reformer Pilates	04.45pm Reformer Pilates
04.30pm Reformer Pilates	12.00pm Reformer Pilates	12.45pm Reformer Pilates	04.15pm Reformer Pilates	05.00pm Reformer Pilates	04.45pm Reformer Pilates	
05.15pm Reformer Pilates	04.15pm Reformer Pilates	05.15pm Reformer Pilates	05.15pm Reformer Pilates	05.45pm Reformer Pilates		
06.00pm Reformer Pilates	05.15pm Reformer Pilates	06.00pm Reformer Pilates	06.00pm Reformer Pilates	06.30pm Reformer Pilates		
06.45pm Reformer Pilates	06.00pm Reformer Pilates	06.30pm Reformer Pilates	06.45pm Reformer Pilates			
07.45pm Reformer Pilates	06.45pm Reformer Pilates	07.15pm Reformer Pilates				
	07.30pm Reformer Pilates	08.00pm Reformer Pilates				

MAT PILATES(Class Duration: 45min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05.30pm Mat Pilates	06.45am Mat Pilates	04.45pm Mat Pilates	08.30am Mat Pilates		10.00am Mat Pilates	

FITNESS CIRCUIT (Class Duration: 45min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.15am Fitness Circuit	06.15am Fitness Circuit	06.15am Fitness Circuit	06.15am Fitness Circuit	06.15am Fitness Circuit	08.15am Fitness Circuit	08.15am Fitness Circuitt
07.00am Fitness Circuit	07.00am Fitness Circuit	07.00am Fitness Circuit	07.00am Fitness Circuit	07.00am Fitness Circuit	09.00am Fitness Circuit	
05.30pm Fitness Circuit	05.30pm Fitness Circuit	05.30pm Fitness Circuit	05.30pm Fitness Circuit	09.15am Fitness Circuit		
06.15pm Fitness Circuit	06.15pm Fitness Circuit	06.15pm Fitness Circuit	06.15pm Fitness Circuit			

YOGA (Class Duration: 60min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.00am Flow	12.00pm Express	06.00am Slow Flow	12.00pm Express Flow (45min)	06.00am Flow	07.30am Flow	08.30am Slow Flow
07.00am Slow Flow	Slow Flow (45min)	06.30pm Flow	05.30pm Slow Flow	06.30pm Yin	08.30am Slow Flow	09.30am Yin
06.30pm Slow Flow	05.30pm Flow	07.30pm Yin	06.30pm Yin & Release		09.30am 20 min Breathwork	10.30am 20min Breathwork
07.30pm Yin & Breathwork	06.30pm Yin & Nidra				04.00pm Yin	04.00pm Slow Flow
						05.00pm Yin & Nidra

class times and styles subject to change. last updated 271126