KĀYA PILATES YOGA FITNESS

KAYA EMPORIUM TIMETABLE

OPERATING HOURS
Monday- Thursday: 6am-9pm
Friday: 6am-7.30pm
Saturday and Sunday: 8am-4pm
Public Holidays : Refer to website

REFORMER PILATES (Class Duration: 45min)

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

MAT PILATES (Class Duration: 45min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
04.15pm Mat Pilates	06.15pm Mat Pilates		06.45am Mat Pilates		11.30am Mat Pilates	
			06.00pm Mat Pilates			

FITNESS CIRCUIT (Class Duration: 45min)

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

YOGA (Class Duration: 60min)

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

BARRE (Class Duration: 45min)

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

class times and styles subject to change. last updated 271126