

Active Studio Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	Reformer				Circuit Mixed		
07:00	Reformer	Vinyasa Yoga	Circuit Mixed	Reformer	Circuit Heart Rate		
08:00	Reformer	Reformer	Circuit Heart Rate	Vinyasa Yoga	Circuit Strength	Reformer	
09:00	Circuit Strength	Reformer	Circuit Heart Rate	Restore Fusion	Circuit Mixed	Reformer	Functional Fitness
10:00						Circuit Strength	Freestyle Circuit
11:30		Reformer	Functional Fitness	Reformer			
12:30	Functional Fitness	Reformer	Reformer	Circuit Mixed	Reformer		
15:00						Hammock Flow	Vinyasa Yoga
17:00	Circuit Strength	Circuit Mixed	Circuit Strength	Reformer	Hatha Yoga	Aerial Belt	
18:00	Circuit Heart Rate	Circuit Strength	Circuit Mixed	Hammock Yoga	Beginner Aerial		
19:30					Restorative Aerial		