

# Fitness Studio Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
06:15	Vinyasa Yoga		Circuit 6:30	Vinyasa Yoga	Circuit 6:30			
07:00	Circuit 6:30	Reformer						
07:15	Reformer			Reformer		08:30	Reformer	
08:00		Reformer				09:00		Functional Fitness (by private booking)
09:00	Circuit	Reformer	Circuit	Yogalates	Circuit	09:15	Reformer	
12:00	Functional Fitness (by private booking)		Functional Fitness (by private booking)			10:00		Circuit
12:30		Core Strength 30	Vinyasa Yoga	Circuit	Reformer	11:00		
15:00								
17:30	Reformer		Circuit 5:15	Reformer				
18:30	Reformer	Circuit 6:00	Reformer 6pm	Reformer				

Timetable subject to change due to instructor availability. Public holidays reductions apply.