

Fitness Studio Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
06:15	Vinyasa Yoga			Vinyasa Yoga				
06:30	Circuit		Circuit		Circuit			
07:00		Reformer						
07:15	Reformer			Reformer	Yogilates 7:30am	08:30	Reformer	
08:00		Reformer				09:00		Functional Fitness (by private booking)
09:00	Circuit	Reformer	Circuit	Yogilates	Circuit	09:15	Reformer	
12:00	Functional Fitness (by private booking)		Functional Fitness (by private booking) 11:30am			10:00	Boxing	Circuit
12:30		Core Strength 30	Vinyasa Yoga	Circuit	Reformer	11:00		
15:00								
17:30	Reformer		Circuit 5:15					
18:30	Reformer	Circuit	Reformer 6pm					

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