

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	Vinyasa Yoga			Vinyasa Yoga			
6:30am	Circuit		Circuit		Circuit		
7:00am		Reformer					
7:15am	Reformer			Reformer	Yogilates 7:30am		
8:00am		Reformer					
8:30am						Reformer	
9:00am	Circuit	Reformer			Circuit	Reformer 9:15am	Functional Fitness (by private booking)
9:30am			Circuit (19/11, 3/12, 17/12)				
10:00am						Boxing	Circuit
10:30am			Core Strength (19/11, 3/12, 17/12)				
11:30am			Functional Fitness (by private booking)	Circuit			
12:00pm	Functional Fitness (by private booking)						
12:30pm			Vinyasa Yoga		Reformer		
17:30pm	Reformer		Boxing				
18:00pm			Reformer				
18:30pm	Reformer Feel Good Flow Yoga	Circuit					

Fitness Studio Timetable