Fitness Studio Timetable 2026

Health 104

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am			WNOW Free men's sunrise club				
6:15am	Yoga	Yoga		Yoga			
6:30am	Strenght & Conditioning		Circuit104	Strenght & Conditioning	Strenght & Conditioning		
7:00am		Reformer					
7:15am				Reformer	Yogilates		
8:00am		Strenght & Conditioning	Breathwork			Strenght & Conditioning	
8:15am					Circuit104*	Reformer	
9:00am	Pump It Up	Reformer	Circuit104	Strenght & Conditioning	Strenght & Conditioning		Functional Fitness (by private booking)
9:00am	Clinical Reformer						
10:00am	Clinical Reformer						
11:00am			Clinical Reformer				
11:30am			Functional Fitness (by private booking)				
12:00pm	Functional Fitness (by private booking)						
12:30pm					Reformer		
18:00pm				Breathwork			
18:30pm	Feel Good Flow Yoga		Reformer	Reformer			

WNOW Free Men's Sunrise Club

Pilates Reformer

Clinical Reformer Pilates

Yoga/Yogilates/Breathwork

Small Group sessions

Funcional Fitness

Strenght & Conditioning