



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
F-FIT 5.30	BOX FIT 5.30	F-FIT 5.30	BARRE FIT 5.30	KANGOO FIT 5.30
	HOT YOGA 6.15			MORNING YOGA 6.00
	AERIAL STRETCH 8.15	AERIAL STRETCH 8.00	RESTORATIVE YOGA 7.30	AERIAL YOGA 8.15
		THE WALL 8.30		THE WALL 8.30
F-FIT 9.15	YOGA 9.15	YOGA 9.15	FUSION YOGA 9.15	YOGA 9.15
YOGA 16.30	BEGINNERS YOGA 16.30	THE WALL 16.00	YOGA 16.30	
AERIAL YOGA 16.30	THE WALL 16.30		F-FIT 16.30	
	THE WALL 17.00	KANGOO FIT 16.30		
	POLE JAM 17.30	YOGA 17.45	YIN YOGA 17.30	HOT YOGA 17.45
YOGALATES 17.35	MAT PILATES 17.35	BEGINNERS AERIAL 17.45	POLE SLING 17.45	POLE PRACTICE 17.45
HOT YOGA 18.45	VINYASA FLOW 18.45	HOT YOGA 18.45		
		RESTORATIVE YOGA 18.45		

SATURDAY	SUNDAY
THE WALL 6.00	
KANGOO FIT 6.30	
THE WALL 7.00	
VINYASA YOGA 7.15	
F-FIT 7.30	
YOGALATES 8.30	
RESTORATIVE YOGA 8.30	
YIN YOGA 9.35	YOGA 9.30
HAMMOCK MEDITATION 10.45	
	FREE YOGA 12.00
	BUNGEE FIT 14.00
	AERIAL YOGA 15.00

\*Schedule is subject to change



# REFORMER SCHEDULE

**NOVEMBER 2021**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30		REFORMER 6.30am		REFORMER 6.30am	REFORMER 6.30am		
7.30	REFORMER 7.30am	REFORMER 7.30am	REFORMER 7.00am			REFORMER 7.30am	
8.30	REFORMER 8.15am			REFORMER 8.30am		REFORMER 8.30am	
9.30						REFORMER 9.30am	
13.00							
14.00							
15.00							
16:30	REFORMER 16.30pm	REFORMER 16:30pm	REFORMER 4:30PM				
17:45	REFORMER 17.45pm		REFORMER 17.45pm				

*\*Schedule is subject to change*

All Classes are 45 minutes



# POLE SCHEDULE

**NOVEMBER 2021**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
16.00							
17.00							<b>BEGINNERS</b> <i>6 week Course</i> 5pm
17.30		<b>POLE JAM</b> <i>Casual Class</i> 5.30pm					<b>INT 1</b> <i>6 week Course</i> 6pm
17:45				<b>POLE SLING</b> <i>Casual Class</i> 5.45pm	<b>POLE PRACTICE</b> <i>Casual Class</i> 5.45pm		
18.30		<b>INT 3</b> <i>8 week Course</i> 6.30pm					
18.45				<b>BEGINNERS</b> <i>6 week Course</i> 6.45pm			

*\*Schedule is subject to change*