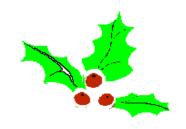
## Studio Timetables

	6.00am	7.00am	8.00am	9.00am	BREATH 10.00am			4.30pm	5.15pm	6.15pm	7.15pm	8.15pm
MONDAY	Reformer	Reformer			Reformer	Reformer	Reformer	Reformer	Reformer	Reformer	Cardio Reformer	Reformer
TUESDAY					Reformer		Reformer		Reformer	Reformer	Reformer	Reformer
WEDNESDAY	Reformer	Reformer			Reformer	Reformer	Reformer		Reformer	Reformer	Reformer	
THURSDAY					Reformer		Cardio Reformer	Reformer	Reformer	Cardio Reformer		
FRIDAY	6.30am F	Reformer			Reformer	Reformer	Reformer		Reformer	Reformer		
SATURDAY			Reformer	Reformer	Reformer	Reformer						
SUNDAY				Reformer	Reformer	Reformer						
					RELAX	STUDIC						
		7.00am	7.45am	9.00am	10.00am	11.00am	12.00pm		5.15pm	6.15pm	7.15pm	8.15pm
MONDAY						Yoga	Barre 1.00pm		Yoga	Level 2 Yoga	Zumba	
TUESDAY						Yoga			Warm Yoga	Yoga	Yoga	
WEDNESDAY						Yoga	Barre 12.30pm			Warm Yoga		
THURSDAY	6.30an	n Yoga				Warm Yoga			Barre	Yoga		
FRIDAY												
SATURDAY			Kung Fu	Yoga	Zumba 10.15am	Yoga						
SUNDAY				Yoga 75mins		m Yoga (N ay of the m						
		SI	JPERVIS	SED CH	ILDS PL				SP	IN STUD		
		<u> </u>	7.45am		10.00am		12.00pm	4.15pm	5.15pm	6.15pm	7.15pm	8.15pm
MONDAY					Kids		Kids					
TUESDAY										Interval Spin	Coming Soon	
WEDNESDAY					Kids		Kids					
THURSDAY									Interval Spin	Coming Soon		
FRIDAY					Kids							
SATURDAY												
SUNDAY												
Reception hours	Monday t	o Saturda	y around	class time	s only.		evel 2 - In	termediate	Yoga class	(min 6mt	hs exp red	a)
	ing your o								Cardio Dar			
	ote: Quro						K	ung Fu - Ma			SS	
Spin Cla	sses - Inte							Barre Clas		n classes		
		Any and	All Classe	s may be	changed,	postpone	or cancel	led withou	notice.			







## Christmas Studio Timetables

## **REFORMER STUDIO**

6.00am 7.00am 8.00am 9.00am 10.00am 11.00am 12.00pm 4.30pm 5.15pm 6.15pm 7.15pm 8.15pm

24/12	MON	Closed for Christmas											
25/12	TUE	Closed for Christmas											
26/12	WED	Closed for Christmas											
27/12	THU	Closed for Christmas											
28/12	FRI	6.30am Reformer				Reformer	Reformer	Reformer		Reformer	Reformer		
29/12	SAT				Reformer Yoga	Reformer Zumba (10.15am)	Reformer Yoga						
30/12	SUN				Reformer Yoga (75 mins)	Reformer Yoga (10.30am)	Reformer						
		Closed for Christmas											
31/12	MON					Clo	osed fo	r Christi	mas				
31/12 01/01	MON							r Christi r Christi					
						Clo	osed fo		mas				
01/01	TUE	6.30an	n Yoga			Clo	osed fo	r Christ	mas	Reformer	Cardio Reformer Yoga	Zumba	
01/01	TUE WED		1 <b>Yoga</b> Reformer			Clo	osed fo	r Christi r Christi	mas	Reformer Reformer	Reformer	Zumba	
01/01 02/01 03/01	TUE WED THU				Reformer	Clo	osed fo osed fo warm Yoga	r Christi r Christi Cardio Reformer	mas		Reformer Yoga	Zumba	