

Studio Timetables

BREATHE 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
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 Reformer				Reformer	Reformer	Reformer		Reformer	Reformer		
SATURDAY			Reformer	Reformer	Reformer	Reformer						
SUNDAY				Reformer	Reformer	Reformer						

RELAX STUDIO

	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	6.30am Yoga				Warm Yoga			Barre	Yoga	
FRIDAY										
SATURDAY			Kung Fu	Yoga	Zumba 10.15am	Yoga				
SUNDAY				Yoga 75mins	10.30am Yoga (Nidra 1st Sunday of the month)					

SUPERVISED CHILDS PLAY

SPIN STUDIO

	7.45am	9.00am	10.00am	11.00am	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 to Saturday around class times only.

Level 2 - Intermediate Yoga class (min 6mths exp req)

Please bring your own Yoga mat to Yoga classes

Zumba - Cardio Dance class

Please note: Quoro is closed on Public Holidays

Kung Fu - Martial Arts Cardio class

Spin Classes - Interval training 20min classes

Barre Classes - 45min classes

Any and All Classes may be changed, postponed or cancelled without notice.



Merry Christmas



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							
31/12	MON	Closed for Christmas											
01/01	TUE	Closed for Christmas											
02/01	WED	Closed for Christmas											
03/01	THU	6.30am Yoga			Reformer	Warm Yoga	Cardio Reformer		Reformer	Reformer	Cardio Reformer Yoga	Zumba	
04/01	FRI	6.30am Reformer			Reformer	Reformer	Reformer			Reformer	Reformer		
05/01	SAT			Reformer Yoga	Reformer Zumba (10.15am)	Reformer Yoga							
06/01	SUN			Reformer Yoga (75 mins)	Reformer Yoga (10.30am)	Reformer							