

Relax Studio Yoga & Dance Class Duration 60 & 45 Minutes							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6.30 AM		(P) Starts 1 Oct Phoebe Vinyasa		(P) Starts 3 Oct Phoebe Vinyasa			
9.00 AM						(P) Kostya Hatha	(P) Barbara Hatha Vinyasa
10.00 AM				(P) Cat Foundation			
11.00 AM			(P) Kostya Dynamic Hot Yoga				(P) Maytreeye Zumba - 10.15 AM
12.00 PM	(P) Kostya Dynamic Yoga	(P) Kostya Hatha Yoga - all levels			12.15pm (P) Cat Hatha Yoga		
1.15 PM	(P) Coti Barre		(P) Carol Barre - 12.30 PM				
4.00 PM							Barbara Yin Yoga (sound Bowls)
5.30 PM		Ekaterina Hot Yoga					
6.15 PM	(P) Kostya Hatha - All Levels		(P) Gloria Zumba	(P) Cat Hatha Yoga - all levels	(P) Lauren Hot Vinyasa		
6.30 PM		Ekaterina Hatha Yoga					
7.15 PM	(P) Marianne Zumba		Pheobe Yin Yoga	(P) Carol Barre			

Spin Studio Interval Spin Bike Class Duration 30 Minutes							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10.15 AM						(P) Dean All Levels	
11.15 AM		(P) Dean All Levels					
6.15 PM				(P) Dean All Levels			

Supervised Child Play Booking required Class Duration 45 Minutes							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10.00 AM	6 mths - 7 yrs Children		6 mths - 7 yrs Children				
11.00 AM							
12.00 PM	6 mths - 7 yrs Children		6 mths - 7 yrs Children		6 mths - 7 yrs Children		

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Breathe Studio		Reformer Pilates		Class Duration: 45 Minutes			
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6.30 AM	(P) Starts 9 Sept Serena All Levels		(P) Starts 11 Sept Serena All Levels		(P) Serena All Levels		
8.00 AM						Rotating Roster All Levels	
9.00 AM						Rotating Roster All Levels	(P) Vien All Levels
10.00 AM	Shenae All Levels	(P) Coti All Levels	Shenae All Levels	Vien All Levels	Serena All Levels	Rotating Roster All Levels	(P) Vien All Levels
11.00 AM	Shenae All Levels		(P) Shenae All Levels	(P) Vien Advanced	(P) Serena All Levels	Rotating Roster All Levels	(P) Vien All Levels
12.00 PM	(P) Shenae All Levels	Coti All Levels	Shenae All Levels		Serena All Levels		
4.30 PM	(P) Shenae All Levels		(P) Shenae All Levels				
5.15 PM	Shenae All Levels	Tash All Levels	Shenae All Levels	Aalia All Levels	Aalia All Levels		
6.15 PM	Shenae All Levels	Tash All Levels	Shenae All Levels	Aalia All Levels	(P) Aalia All Levels		
7.15 PM	Shenae Advanced	(P) Tash All Levels	(P) Shenae Advanced	(P) Aalia All Levels			
8.15 PM	(P) Shenae All Levels	(P) Tash All Levels					

Conditions:

- 1 Reception hours are Monday to Saturday around class times only.
- 2 Please bring your own Yoga mat to Yoga classes.
- 3 Please note: Quro is closed on Public Holidays.
- 4 Promotional clients must book their first class and arrive 30 minutes before hand.
- 5 Promotional clients are only allowed to attend classes marked (P).
- 6 Any and All Classes may be changed, postponed or cancelled without notice.
- 7 Supervised Child Play needs to be booked 3 days in advance
- 8 This timetable starts 9th of September 2019