

Timetable

PILATES REFORMER

	6.00am	7.00am	8.00am	9.00am	10.00am	11.00am	12.00pm		5.15pm	6.15pm	7.15pm	8.15pm
MONDAY	6.30am Reformer				Reformer		Reformer		Reformer	Reformer	Reformer	Reformer
TUESDAY					Reformer		Reformer		Reformer	Reformer	Reformer	
WEDNESDAY	Reformer	Reformer			Reformer		Reformer		Reformer	Reformer	Reformer	
THURSDAY					Reformer				Reformer	Reformer		
FRIDAY	6.30am Reformer				Reformer		Reformer			Reformer		
SATURDAY			Reformer	Reformer	Reformer							
SUNDAY				Reformer	Reformer							

YOGA + HOT YOGA CLASSES

			7.45am	9.00am	10.00am	11.00am	12.00am		5.15pm	6.15pm	7.15pm	8.15pm
MONDAY						Yoga			Yoga	Lvl2 Yoga		
TUESDAY						Yoga				Hot Yoga	Lvl2 Yoga	
WEDNESDAY						Yoga				Yoga		
THURSDAY	6.30am Yoga					Hot Yoga				Hot Yoga	Lvl2 Yoga	
FRIDAY									Yoga			
SATURDAY			Kung Fu	Yoga	Yoga	Yoga						
SUNDAY					Yoga							

CLINICAL PILATES + POWER PLATE SCULPTING

			7.45am	9.00am	10.00am	11.00am	12.00pm		5.15pm	6.15pm	7.15pm	8.15pm
MONDAY				CP & PPS						CP & PPS	CP & PPS	
TUESDAY										CP & PPS		
WEDNESDAY			CP & PPS							CP & PPS		
THURSDAY										CP & PPS		
FRIDAY				CP & PPS								

SUPERVISED CHILDS PLAY

					10.00am	11.00am	12.00am					
MONDAY					Kids		Kids					
TUESDAY												
WEDNESDAY					Kids		Kids					
THURSDAY												
FRIDAY					Kids							

All Childs Play and CP & PPS classes require bookings on a monthly basis
Any and All Classes may be changed, postponed or cancelled without notice.

All black classes are specifically reserved for regular members only

Please bring your own Yoga mat to Yoga classes

Please note: Quoro is closed on Public Holidays

Reception Hours: Monday to Thursday 10am to 1pm and 5pm to 8pm Friday 10am to 5pm & Saturday 9am to 1pm