

Relax Studio		Yoga & Dance		Class Duration 60 & 45 Minutes			
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6.30 AM		(P) Please enquire Future Class Hot Yoga		(P) Please enquire Future Class Yoga			
9.00 AM						(P) Kostya Yoga - All Levels	(P) Penny Yoga - All Levels
10.00 AM				(P) Cat Hot Yoga			(P) Maytreeye Zumba - 10.15 AM
11.00 AM			(P) Kostya Hot Yoga				
12.15 PM	(P) Kostya Yoga - All Levels	(P) Kostya Yoga - All Levels			(P) Cat Yoga - All Levels		
1.15 PM	(P) Coti Barre		(P) Carol Barre - 12.30 PM				
4.30 PM							
5.15 PM		(P) Ekaterina Hot Yoga			(P) Phoebe Hot Yoga		
6.15 PM	(P) Kostya Yoga - All Levels	(P) Ekaterina Yoga - All Levels	(P) Gloria Zumba	(P) Cat Yoga - All Levels			
7.15 PM	(P) Marianne Zumba		(P) Lauren Hot Yoga	(P) Carol Barre			

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

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