

Studio & Virtual Timetable

Yoga & Dance

Class Duration Yoga 60 Minutes & Dance 45 Minutes

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Location	Studio	Studio	Studio	Virtual	Studio	Studio	Studio
9.00 AM						Ekaterina Vinyasa Yoga	
10.00 AM						Maytreeye Zumba	Kostya Starts Hatha
12.00 PM				Starts 8/10 Ekaterina Vinyasa Yoga			
5.30 PM	Cat Hatha Yoga		Gloria Zumba				
6.30 PM	Marianne Zumba	Ekaterina Vinyasa Yoga	Ekaterina Yin Yang Yoga				Cat Yin Yoga
7.30 PM							

Pilates

Class Duration: 45 Minutes

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Location	Studio	Virtual	Studio	Studio/Virtual	Studio	Studio	Virtual
6.30 AM		Serena All Levels		Serena All Levels			
8.00 AM						Rotating Roster All Levels	
9.00 AM						Rotating Roster All Levels	
10.00 AM	Rochelle All Levels		Grace All Level	Vien/Coti All Levels	Serena All Levels	Rotating Roster All Levels	Coti/Mai All Levels
11.00 AM	Rochelle All Levels		Grace All Level				
12.15 PM	Rochelle All Levels	Ori All Levels	Grace All Level		Serena All Levels		
5.30 PM	Rochelle All Levels	Coti All Levels	Vien All Levels	Suzie All Levels		Saturday Rotating Roster 1st of the month Serena	
6.30 PM	Rochelle All Levels		Vien All Levels	Suzie All Levels		2nd of the month TBC	
7.30 PM	Rochelle All Levels		Vien All Levels			3rd of the month Colin	
						4th of the month Mai	
						5th of the month Colin	

Conditions

Additional classes will be added when numbers increase. Therefore please refresh your browser and check for the new timetable.

First 20 people will be allowed to join the class.

Studio doors will open 15 minutes before the first class.

All members must bring a towel to the studio for the workout.

There needs to be a 1.5 metre distance kept between you and other members.

Entry into the studio will not be permitted if you are showing any symptoms of being unwell.

Please email quorohealth@outlook.com or call 02 9566 4900 for details about joining virtual classes.

Non members can book a free studio class at www.qurome.com. Please arrive 15 mins before your booked class.

This timetable will come into effect as of the September 2020