

Quoro Timetable

Yoga & Dance

Class Duration Yoga 60 Minutes & Dance 45 Minutes

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Location	Studio	Studio	Studio	Studio	Studio	Studio	Studio
7.00 AM	Fulya Dynamic Yoga Flow		Ekaterina Ashtanga	Fulya Yoga Essentials			
8.00 AM						Ekaterina Dynamic Yoga Flow	
9.00 AM						Ekaterina Barre	
10.00 AM	Kostya Yoga Progressive		Ekaterina Dynamic Yoga Flow	Ekaterina Ashtanga		Maytreeye Zumba	Kostya/Stephanie Yoga Progressive
11.00 AM							
12.00 PM		Ekaterina Ashtanga	Ekaterina Barre	Ekaterina Gentle Yoga Flow			
5.00 PM					Lauren - Joe Gentle Yoga Flow		
5.30 PM	Kostya Yoga Progressive	Joe Dynamic Yoga Flow	Gloria Zumba	Barbara Dynamic Yoga Flow	Start Feb 5th - Joe Yin Yoga		
6.30 PM	Marianne Zumba	Joe Yin Yoga	Joe - Lauren Dynamic Yoga Flow	Barbara Yin Yoga			Fulya Yin Yoga
7.30 PM		Coti Barre					

Pilates

Class Duration: 45 Minutes

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Location	Studio	Studio	Studio	Studio/Virtual	Studio	Studio	Studio/Virtual
6.30 AM		Sareena Fusion Reformer			Sareena Fusion Reformer		
7.15 AM			Start Feb 3rd - Hande Reformer Pilates Flow				
8.00 AM						Dariia Reformer Pilates Flow	
9.00 AM						Dariia Reformer Pilates Flow	Tamsin Reformer Pilates
10.00 AM	Rochelle Reformer Pilates Flow	Dariia Reformer Pilates Flow	Suzie Reformer Power Pilates	Rochelle Reformer Pilates Flow	Sareena Fusion Reformer	Dariia Reformer Pilates Flow	Coti/Mai Virtual Mat Pilates
11.00 AM	Rochelle Reformer Pilates Flow		Suzie Reformer Power Pilates	10am Vien/Coti Virtual Mat Pilates			
12.15 PM	Rochelle Reformer Pilates Flow	Dariia Fusion Reformer	Suzie Reformer Power Pilates	Start Feb 4th - Rochelle Reformer Pilates Flow	Sareena Fusion Reformer		
12.15 PM							
5.30 PM	Rochelle/Dariia 1st Feb Reformer Pilates Flow	Dariia Reformer Pilates Flow	Vien Reformer Pilates Flow	Suzie Reformer Power Pilates			
6.30 PM	Rochelle/Dariia 1st Feb Reformer Pilates Flow	Dariia Fusion Reformer	Vien Reformer Pilates Flow	Suzie Reformer Power Pilates			
7.30 PM	Rochelle/Dariia 1st Feb Reformer Pilates Flow		Vien Reformer Pilates Flow				

Conditions

NSW HEALTH COVID 19 Regulations APPLY.

Not all classes can be booked online for first timers.

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 qurohealth@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 with your towel.

This timetable will come into effect as of the 11 January 2021.