

# Quuro 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 Open 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 Open Yoga Flow	Ekaterina Ashtanga	5th March - Joe Gentle Yoga Flow	Maytreeye Zumba	Kostya/Stephanie Open Yoga Flow
11.00 AM							
12.00 PM		Ekaterina Ashtanga	Ekaterina Barre	Ekaterina Gentle Yoga Flow	5th March - Joe Yin Yoga		
5.00 PM							
5.30 PM	Kostya Yoga Progressive	Joe Open Yoga Flow	Gloria Zumba	Barbara OpenYoga Flow			
6.00 PM							
6.30 PM	Marianne Zumba	Joe Yin Yoga	Joe - Lauren Open Yoga Flow	Barbara Yin Yoga			Fulya Yin Yoga
7.30 PM		Tanya 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			Hande Reformer Pilates Flow				
8.00 AM						Dariia Reformer Pilates Flow	
9.00 AM							Dariia Reformer Pilates Flow
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	
11.00 AM							Rochelle Reformer Pilates Flow
12.15 PM	Rochelle Reformer Pilates Flow	Dariia Fusion Reformer	Suzie Reformer Power Pilates	Rochelle Reformer Pilates Flow	Sareena Fusion Reformer		
12.15 PM							
5.30 PM	Dariia Reformer Pilates Flow	Dariia Reformer Pilates Flow	Vien Reformer Pilates Flow	Suzie Reformer Power Pilates			
6.30 PM					Dariia Reformer Pilates Flow	Dariia Fusion Reformer	Vien Reformer Pilates Flow
7.30 PM	Dariia 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 or hire for \$3.**

**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](mailto: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](http://www.qurome.com) Please arrive 15 mins before your booked class.**

**This timetable will come into effect as of the 23 February 2021.**