

Quoro Timetable

Yoga & Dance

Class Duration: Yoga 60 & 90 Minutes - Dance 45 Minutes

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9.00 AM						Ekaterina Hatha (All Levels)	
10.00 AM						Ekaterina Barre	Kosta/Stephanie Hatha
12.00 PM		Ekaterina Ashtanga	Ekaterina Barre	Fulya Yin Yoga			
5.30 PM	Kostya Hatha (All Levels)	Joe Vinyasa Flow		Barbara Hatha (All Levels)			
6.00 PM			Gloria Zumba				
6.30 PM	Marianne Zumba	Joe Yin Yoga		Barbara Yin Yoga		Fulya 90 mins Yin Yoga	
7.30 PM			Tanya Barre				

Spin Studio

Class Duration: 45 Minutes

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6.30 AM		Cyber Spin			Cyber Spin		
7.15 AM			Cyber Spin				
9.15 AM						Cyber Spin	
10.15 AM	Cyber Spin		Cyber Spin		Cyber Spin	Cyber Spin	

11.15 AM	Cyber Spin	Cyber Spin	Cyber Spin	Cyber Spin	Cyber Spin		
12.15 PM	Adam Spin Class	Adam Spin Class		Cyber Spin	Cyber Spin		
5.30 PM	Cyber Spin	Adam Spin Class	Cyber Spin	Cyber Spin			
6.30 PM	Cyber Spin	Cyber Spin	Cyber Spin	Cyber Spin			

Reformer Pilates Class Duration: 45 Minutes

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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	Mai/Vien/Dariia Reformer Pilates Flow
10.00 AM	Dariia Reformer Pilates Flow	Dariia Reformer Pilates Flow	Suzie Reformer Power Pilates	Sareena Fusion Reformer	Sareena Fusion Reformer	Dariia Reformer Pilates Flow	
11.00 AM							
12.15 PM	Dariia Reformer Pilates Flow	Dariia Fusion Reformer	Suzie Reformer Power Pilates		Sareena Fusion Reformer		
5.30 PM	Dariia Reformer Pilates Flow	Dariia Reformer Pilates Flow	Vien Reformer Pilates Flow	Suzie Reformer Power Pilates			
6.30 PM	Dariia	Dariia	Vien	Suzie			

	Reformer Pilates Flow	Fusion Reformer	Reformer Pilates Flow	Reformer Power Pilates			
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.