

# Quro Timetable

## Yoga & Dance

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

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9.00 AM						4 Hatha (All Levels)	
10.00 AM						4 Barre	4 Hatha
12.00 PM		Ashtanga	5 Barre	6 Yin Yoga			
5.30 PM	3 Hatha (All Levels)	Vinyasa Flow		6 Hatha (All Levels)			
6.00 PM			Zumba				
6.30 PM	5 Zumba	Yin Yoga		2 Yin Yoga			4 90 mins Yin Yoga
7.30 PM		Barre					

## Reformer Pilates

Class Duration: 45 Minutes

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6.30 AM		8 Fusion Reformer			5 Fusion Reformer		
7.15 AM			5 Reformer Pilates Flow				
8.00 AM						16 Reformer Pilates Flow	
9.00 AM						12 Reformer Pilates Flow	7 Reformer Pilates Flow
10.00 AM	11 Reformer Pilates Flow	4 Reformer Pilates Flow	13 Reformer Power Pilates	11 Fusion Reformer	17 Fusion Reformer	9 Reformer Pilates Flow	
11.00 AM							
12.15 PM	10 Reformer Pilates Flow	8 Fusion Reformer	8 Reformer Power Pilates		10 Fusion Reformer		
5.30 PM	17 Reformer Pilates Flow	15 Reformer Pilates Flow	10 Reformer Pilates Flow	12 Reformer Power Pilates			
6.30 PM	14 Reformer Pilates Flow	11 Fusion Reformer	7 Reformer Pilates Flow	6 Reformer Power Pilates			
7.30 PM	7 Reformer Pilates Flow		5 Reformer Pilates Flow				