

Class Attendance

Yoga & Dance

20 placements per class

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9.00 AM						6 Hatha (All Levels)	
10.00 AM						7 Barre	9 Hatha
12.00 PM		2 Ashtanga	5 Barre	1 Yin Yoga			
5.30 PM	2 Hatha (All Levels)	2 Vinyasa Flow		4 Hatha (All Levels)			
6.00 PM			5 Zumba				
6.30 PM	2 Zumba	9 Yin Yoga		6 Yin Yoga			9 90 mins Yin Yoga
7.30 PM		Barre					

Pilates

20 placements per class

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6.30 AM		5 Fusion Reformer			3 Fusion Reformer		
7.15 AM			2 Reformer Pilates Flow				
8.00 AM						4 Reformer Pilates Flow	
9.00 AM						8 Reformer Pilates Flow	14 Reformer Pilates Flow
10.00 AM	15 Reformer Pilates Flow	9 Reformer Pilates Flow	13 Reformer Power Pilates	9 Fusion Reformer	14 Fusion Reformer	16 Reformer Pilates Flow	
11.00 AM							
12.15 PM	7 Reformer Pilates Flow	9 Fusion Reformer	9 Reformer Power Pilates		19 Fusion Reformer		
5.30 PM	11 Reformer Pilates Flow	17 Reformer Pilates Flow	9 Reformer Pilates Flow	6 Reformer Power Pilates			
6.30 PM	3 Reformer Pilates Flow	16 Fusion Reformer	13 Reformer Pilates Flow	9 Reformer Power Pilates			
7.30 PM	2 Reformer Pilates Flow		3 Reformer Pilates Flow				