

# Quro Online Timetable

Class Duration: Yoga 60 Minutes - Barra & Pilates 45 Minutes

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6.30 AM		Sareena Mat Pilates			Sareena Mat Pilates		
9.00 AM						Mai Mat Pilates	Mai Mat Pilates
10.00 AM	Suzie Mat Pilates		Suzie Mat Pilates		Sareena Mat Pilates	Ekaterina Yoga	Joe Yoga
5.30 PM		Coti Mat Pilates		Suzie Mat Pilates			
6.30 PM	Kostya Yoga	Tanya Barre	Joe Yoga	Barbara Yoga	Fulya Yin Yoga		

## Conditions

NSW HEALTH COVID 19 Regulations APPLY.

To gain access to online classes please email [help@qurowellness.com](mailto:help@qurowellness.com)

Timetable starts the 12 July 2021