

# Quoro Timetable

## Yoga & Dance

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

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9.00 AM						Barbara Hatha (All Levels)	
10.00 AM						Courtney Barre	Kate/Stephanie Hatha
12.00 PM				Fulya Yin Yoga			
5.30 PM	Lauren Hatha (All Levels)	Joe Vinyasa Flow		Barbara Hatha (All Levels)			
6.00 PM							
6.30 PM		Joe Yin Yoga		Barbara Yin Yoga			Fulya 90 mins Yin Yoga
7.30 PM		Tanya Barre					

## Reformer Pilates

Class Duration: 45 Minutes

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6.30 AM					Sareena Mat Pilates		
7.15 AM			Amy Reformer Pilates Flow				
8.00 AM							
9.00 AM						Dariia Reformer Pilates Flow	(Online only) Mai Mat Pilates
10.00 AM	Dariia Reformer Pilates Flow		Suzie Reformer Power Pilates		Sareena Fusion Reformer	Dariia Reformer Pilates Flow	
11.00 AM							
12.15 PM	Dariia Reformer Pilates Flow		Suzie Reformer Power Pilates				
5.30 PM	Dariia Reformer Pilates Flow		Vien Reformer Pilates Flow	Suzie Reformer Power Pilates			
6.30 PM	Dariia Reformer Pilates Flow		Vien Mat Pilates	Suzie Reformer Power Pilates			
7.30 PM							

## Conditions

NSW HEALTH COVID 19 Regulations APPLY.

Studio doors will open 15 minutes before the first class.

All members must bring a towel to the studio or hire for \$3.

All classes highlighted yellow will be run in-house & online concurrently.

Timetable starts 18 October 2021