

STUDIO 4 TIMETABLE

RETREAT

	TIME	ACTIVITY	INSTRUCTOR
MON	09:15 - 10:00	Pilates	Robyn
	10:15 - 11:00	Yoga	Anna
	11:15 - 12:00	Pilates	Anna
	18:00 - 18:45	Body Balance	Esther
	19:00 - 19:45	Yoga	Esther
TUES	09:30 - 10:15	Body Balance	Sam
	10:30 - 11:15	Pilates (All)	Sam
	11:30 - 12:15	Yoga	Sam
	18:00 - 18:45	Fitness Pilates	Robyn
	19:00 - 19:45	Body Balance	Esther
WEDS	09:30 - 10:15	Abdominal Revolution	Leanne
	10:30 - 11:15	Yoga	Georgie
	11:30 - 12:15	Pilates	Ceri
	19:00 - 19:45	Body Balance	Sam C
THUR	09:30 - 10:15	Yoga	Anna
	10:30 - 11:15	Pilates (All)	Anna
	18:00 - 18:45	Yoga	Esther
FRI	09:30 - 10:15	Fitness Pilates	Robyn
	10:30 - 11:15	Body Balance	Clive
	11:30 - 12:15	Pilates	Leanne
	19:00 - 19:45	Fitness Pilates	Ceri
SAT	10:00 - 10:45	Pilates	Leanne
SUN	09:00 - 9:45	Yoga	Georgie
	10:00 - 10:45	Yoga	Georgie

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