

STUDIO 2 TIMETABLE

RETREAT

STUDIO
2

	TIME	ACTIVITY	INSTRUCTOR
MON	09:15 - 10:00	Pilates	Robyn
	10:15 - 11:00	Yoga	Anna
	11:15 - 12:00	Pilates	Anna
	12:40 - 13:10	Pre School Gymnastics*	Fran
	13:15 - 13:45	Pre School Gymnastics*	Fran
	13:50 - 14:20	Pre School Gymnastics*	Fran
	14:25 - 14:55	Pre School Gymnastics*	Fran
	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
THUR	09:30 - 10:15	Yoga	Anna
	10:30 - 11:15	Pilates (All)	Anna
	18:00 - 18:45	Yoga	Esther
	20:00 - 20:45	Pregnancy Yoga	Samantha
FRI	09:30 - 10:30	Postnatal & Baby Yoga*	Samantha Tattum
	13:00 - 13:30	Pre School Judo	Kev
	13:45 - 14:15	Pre School Judo	Kev
	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

*Not included in Gold Memberships