

STUDIO 2 TIMETABLE

RETREAT

SCHEDULES
2

	TIME	ACTIVITY	INSTRUCTOR
MON	09:15 - 10:00	Pilates	Robyn
	10:15 - 11:00	Yoga	Anna
	11:15 - 12:00	Pilates	Anna
	16:00 - 17:00	Drama Workshop (7-15 Yrs)*	Belinda
	18:00 - 18:45	Body Balance	Esther
	19:00 - 19:45	Yoga	Esther
	20:00 - 21:30	Iyengar Yoga Course*	Meg
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
	20:00 - 20:45	Pregnancy Yoga*	Samantha
FRI	09:30 - 10:30	Postnatal & Baby Yoga*	Samantha Tattum
	17:00 - 17:45	Kettlebells	Mandy
	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