

STUDIO 2 TIMETABLE

*Not included in Gold Memberships

	TIME	ACTIVITY	INSTRUCTOR
MON	09:15 - 10:00	Pilates	Robyn
	10:15 - 11:00	Body Balance	Jayne
	11:15 - 12:00	Pilates	Jayne
	16:00 - 16:45	Junior Yoga	Andrew
	18:00 - 18:45	Yoga	Holly
	19:00 - 19:45	Yoga	Holly
	20:00 - 21:30	Iyengar Yoga Course*	Meg
TUES	09:30 - 10:15	Yoga	Andrew
	10:30 - 11:15	Pilates (All)	Ceri
	11:30 - 12:15	Yoga	Georgie
	12:30 - 13:15	Pure Stretch	Georgie
	16:45 - 17:00	Box Fit Introduction	Alex
	18:00 - 18:45	Fitness Pilates	Robyn
	17:00 - 17:45	Boxing Fit	Alex
	19:00 - 19:45	Yoga	Andrew
WEDS	09:30 - 10:15	Abdominal Revolution	Natalie
	10:30 - 11:15	Yoga	Georgie
	11:30 - 12:15	Pilates	Ceri
	19:00 - 19:45	Body Balance	Jayne
THUR	09:30 - 10:15	Yoga	Anna
	10:30 - 11:15	Pilates (All)	Anna
	18:00 - 18:45	Pilates	Ceri
	19:30 - 20:30	Pregnancy Yoga*	Samantha
FRI	08:00 - 08:45	Fitness Pilates	Robyn
	09:30 - 10:15	Fitness Pilates	Robyn
	10:30 - 11:15	Body Balance	Clive
	11:30 - 12:15	Pilates	Belinda
	19:00 - 19:45	Fitness Pilates	Ceri
SAT	10:00 - 10:45	Pilates	Natalie
SUN	09:00 - 9:45	Yoga	Georgie
	10:00 - 10:45	Yoga	Georgie

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