

# STUDIO 2 TIMETABLE

**\*Not included in Gold Memberships**

|               | TIME          | ACTIVITY             | INSTRUCTOR |
|---------------|---------------|----------------------|------------|
| <b>MON</b>    | 08:00 - 08:45 | Stretch              | Robyn      |
|               | 09:15 - 10:00 | Pilates              | Robyn      |
|               | 10:15 - 11:00 | Body Balance         | Jayne      |
|               | 11:15 - 12:00 | Pilates              | Jayne      |
|               | 18:00 - 18:45 | Yoga                 | Holly      |
|               | 19:00 - 19:45 | Yoga                 | Holly      |
|               | 20:00 - 21:30 | Iyengar Yoga Course* | Meg        |
| <b>TUES</b>   | 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       |
|               | 17:00 - 17:45 | Boxing Fit           | Alex       |
|               | 18:00 - 18:45 | Fitness Pilates      | Robyn      |
| 19:00 - 19:45 | Yoga          | Andrew               |            |
| <b>WEDS</b>   | 08:30 - 09:15 | Pilates              | Ceri       |
|               | 09:30 - 10:15 | Core & More          | Natalie    |
|               | 10:30 - 11:15 | Yoga                 | Georgie    |
|               | 11:30 - 12:15 | Pilates              | Ceri       |
|               | 19:00 - 19:45 | Body Balance         | Jayne      |
| <b>THUR</b>   | 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   |
| <b>FRI</b>    | 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       |
| <b>SAT</b>    | 10:00 - 10:45 | Pilates              | Jayne      |
| <b>SUN</b>    | 09:00 - 9:45  | Yoga                 | Georgie    |
|               | 10:00 - 10:45 | Yoga                 | Georgie    |

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