

STUDIO 2 TIMETABLE

***Not included in Gold Memberships**

	TIME	ACTIVITY	INSTRUCTOR
MON	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
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
	17:00 - 17:45	Boxing Fit	Alex
	18:00 - 18:45	Fitness Pilates	Robyn
	19:00 - 19:45	Yoga	Andrew
WEDS	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
THUR	09:30 - 10:15	Yoga	Lyndsey
	10:30 - 11:15	Pilates (All)	Jayne
	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
	19:00 - 19:45	Fitness Pilates	Ceri
SAT	09:00 - 09:45	Body Combat	Jamie
	10:00 - 10:45	Pilates	Jayne
SUN	09:00 - 9:45	Yoga	Lyndsey
	10:00 - 10:45	Yoga	Lyndsey