



Pilates Mat - Yoga - Barre

MONDAY

- 0900 – BARRE – JOJO
- 1000 – YOGA Mixed Ability – FRANKIE
- 1100 – PILATES Gentle Seated – LUCY
- 1200 – PILATES Mixed Ability – FRANKIE
- 2000 – PILATES Mixed Ability – LUCY

TUESDAY

- 0900 – PILATES Faster– JOJO
- 1000 – PILATES Faster– JOJO
- 1200 – YOGA Mixed Ability – JENI
- 1945 – BARRE – JENI

WEDNESDAY

- 0915 – PILATES Mixed Ability – CORINA
- 1015 – BARRE – JOJO
- 1215 – PILATES Gentle – PIPPA
- 2000 – PILATES Mixed Ability– ALEX

THURSDAY

- 0900 – YOGA Gentle – FRANKIE
- 1000 – PILATES Faster – FRANKIE
- 1100 – PILATES Gentle – FRANKIE
- 1900 – PILATES Mixed Ability– CORINA

FRIDAY

- 0815 – YOGA Mixed Ability – JENI
- 0915 – BARRE – JENI
- 1015 – PILATES Mixed Ability – ALEX
- 1215 – YOGA Mixed Ability– FRANKIE

SATURDAY

- 0945 – BARRE – LUCY

This schedule is subject to amendment for instructor illness/unavailability and will vary in school holidays. Please check the Live Schedule online for the definitive timetable.

All classes are 55 mins
24h cancellation notice required