



## Pilates Mat - Yoga - Barre

### MONDAY

- 0900 – BARRE – JOJO
- 1000 – YOGA Mixed Ability – SAEUNN
- 1100 – PILATES Gentle– CORINA
- 1200 – PILATES Mixed Ability – CORINA
- 2000 – PILATES Mixed Ability – MADALAINE

### TUESDAY

- 0900 – PILATES Faster – CLAIRE
- 1000 – PILATES Mixed Ability – CLAIRE
- 1900 – BARRE – JENI

### WEDNESDAY

- 0915 – PILATES Mixed Ability – CLAIRE
- 1015 – BARRE – LUCY
- 1215 – PILATES Gentle – PIPPA
- 2000 – PILATES Mixed Ability – ALEX

### THURSDAY

- 0900 – YOGA Gentle – JENI
- 1000 – PILATES Gentle – CORINA

### FRIDAY

- 0915 – BARRE & BEND – JENI
- 1015 – PILATES Mixed Ability – ALEX
- 1215 – YOGA Mixed Ability– JENI

### 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