

17TH MAY-12TH JUNE 2021

Monday

8.50am Mixed Level & Zoom class
10:00am Mixed Level with Charlotte
2:00pm Beginners with Maryann
7.00pm Mixed Level with Charlotte

Tuesday

9:00am Beginners & Zoom with Lucy
10:15am Mixed Level with Lucy
6:30pm Mixed Level with Mel

Wednesday

9:30am Mixed Level with Jen
11:00am Pilates Conditioning with Maryann
4.00pm Mixed Level with Sarah
5:15pm Beginners with Lucy

Thursday

8:30am Mixed Level with Jen
9:40am Mixed Level with Jen
7:00pm Mixed Level with Charlotte

Friday

9:20am Mixed Level with Charlotte
10:30am Mixed Level & Zoom with Charlotte

Saturday

11:00am Selection of Classes to include Breathing, Garuda, Pilates & Yoga Fusion