

MONDAY

- 09.15 *PILATES* mixed ability – Lisa
18.45 PILATES mixed ability– Seth
20.00 PILATES mixed ability– Seth

TUESDAY

- 09.15 PILATES with weights - Seth
10.30 PILATES mixed ability - Seth
18.30 PILATES mixed ability– Lisa
19.40 PILATES mixed ability– Lisa

WEDNESDAY

- 09.15 PILATES mixed ability – Seth
10.30 GENTLE PILATES – Seth
18.45 PILATES mixed ability– Lisa
20.00 PILATES mixed ability– Lisa

THURSDAY

- 09.00 BARRE – Isabelle
18.45 PILATES Mixed Ability – Seth
20.00 PILATES Mixed Ability – Seth

FRIDAY

- 09.15 PILATES Mixed Ability – Lisa
10.30 STRETCH THERAPY – Lisa
12.00 SELF LOVE YOGA - Emma

18.00 ASTANGA FULL PRIMARY SERIES (2hrs) - Sunny (Once a month)

SATURDAY

- 09.00 BOOTCAMP Cricket Club – Seth
10.15 TRX - Seth
11.30 Pilates – Seth

SUNDAY

- 9.00 ASTANGA YOGA -Sunny
10.45 SHANTISEVA VINAYASA - Sunny