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| **TIME** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 6:00am |  |  | AntiGravity Pilates 60 mins |  |  |  |
| 7:00am | Yogalates  60mins |  | Pilates Circuit  60mins |  | Pilates Circuit  60mins | AntiGravity Intermediate 60 mins |
| 8:15am |  |  |  |  |  | Mat Pilates 60 mins |
| 9:30am | Yoga 60 mins |  |  |  | Yoga Flow 60 mins | AntiGravity Beginners 60 mins |
| 10:00am |  |  | Mat Pilates 60 mins |  |  | Workshop |
| 10:45am |  |  |  |  | Mat Pilates 60 mins | Workshop |
| 4:00pm |  |  |  |  |  | Workshop |
| 4:30pm |  |  |  |  |  |  |
| 5:30pm |  |  |  |  |  | Workshop |
| 6:00pm | Yoga Flow 60 mins | AntiGravity Beginners 60 mins | AntiGravity Intermediate 60 mins |  | Yin with sound bowls 60 mins | Workshop |
| 6:15pm |  |  |  | Boxing / kick boxing 45 mins |  |  |
| 7:15pm | Yin Yoga 60 mins | Mat Pilates 60 mins | AntiGravity Restorative 60 mins | Yin Yang Yoga  60mins |  |  |
| 7:45pm |  |  |  |  |  |  |