

STUDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Reformer Pilates 9.00-9.50am With Kerry	Reformer Pilates 10.30-11.20am With Alli	Zen Yoga 9.00-9.50am With Bhavin	Mat Pilates 10.00-11.00am With Lemi	Zen Yoga 9.15-10.15am With Bhavin	Reformer Pilates 10.00-10.50am With Kerry	Reformer Pilates 10.00-10.50am With Sam
Reformer Pilates 11.00-11.50am With Kerry	Kettlebells 2.30-3.00pm With Halil	Reformer Pilates 10.00-10.50am With Lemi	Reformer Pilates 12.30-13.20pm With Sam	Mat Pilates 10.30-11.30am With Alli	Reformer Pilates 12.00-12.50pm With Kerry	Reformer Pilates 12.00-12.50pm With Sam
	Zen Yoga 7.30-8.30pm With Bhavin	Energy & Intuitive Healing 3.00-3.45pm With Josephine	Reformer Pilates 6.00-6.50pm With Issi	Reformer Pilates 12.00-12.50pm With Alli		
		Vinyasa Yoga 4.00-4.45pm With Josephine	Zen Yoga 7.30-8.30pm With Bhavin			
		Reformer Pilates 6.00-6.50pm With Alli				