

Reformer Studio Timetable

*Pregnancy modifications made for babies on board

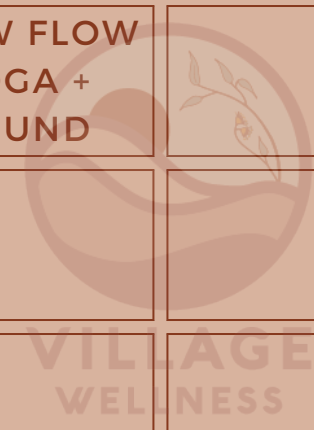
TIME	MON	TUE	WED	THU	FRI	SAT
7:00	REFORMER					
7:30					REFORMER	
8:30		REFORMER GOLD 50+	REFORMER GOLD 50+	REFORMER	REFORMER GOLD 50+	
9:30		REFORMER	REFORMER	CLINICAL GROUP REFORMER	BUMPS, MUMS & BUBS REFORMER	9AM REFORMER
10:30		BUMPS, MUMS & BUBS REFORMER				
11:30			PRIVATE INITIAL APPOINTMENTS AVAILABLE (BOOK ONLINE)			
1:00PM						
5:00PM	TEEN REFORMER			5:30PM REFORMER		
6:00 PM						



Retreat Room Timetable

*Pregnancy modifications made
for babies on board

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
		7:00 AM VINYASA YOGA		7:30AM STRETCH IT OUT!			
8:30					MAT PILATES		
9:30	VINYASA YOGA		SLOW FLOW YOGA		BALANCE & STABILITY 50+	GENTLE YOGA	9AM NURTURE + NOURISH CIRCLE (QUARTERLY)
10:45	MUMS & BUBS YOGA						
12:00	FREE MOTHER GATHER MONTHLY						
3:00PM							MOTHER CIRCLE (MONTHLY)
6:00 PM		5PM YIN RESTORE YOGA		6:30PM SOUND IMMERSION (MONTHLY)	SLOW FLOW YOGA + SOUND		
6:15 PM		PRENATAL YOGA					5:30PM FREE COMMUNITY YOGA (MONTHLY)
6:30 PM	YIN RESTORE YOGA						
7:30 PM							



Strength & Fitness Studio Timetable

*Pregnancy modifications made for babies on board

TIME	MON	TUE	WED	THU	FRI	SAT
7:30				PRENATAL FIT		
8:30			STRENGTH	MOVE STRONG FOR 60+		
9:30	ACTIVE LIVING (50+)	STRENGTH		WOMENS STRENGTH	STRENGTH	CORE, CARDIO & STRENGTH
10:30			CLINICAL STUDIO PILATES	MUM STRONG 8 WEEK PROGRESSION STARTS 17/10		(*PREGNANCY MODIFICATIONS MADE FOR BUBS ON BOARD)
11:30				POSTPARTUM PROGRAM 6 WEEK COURSE STARTS 17/10		
6:00 PM	MAT PILATES			6:30PM STRENGTH		
7:00 PM				7:30PM STRETCH IT OUT!		

