



TIMETABLE

Monday

09:30 - 10:30	Pilates with Owen
11:00 - 12:00	Pilates with Kate
18:00 - 19:00	Flow & Restore with Tallula
19:30 - 20:30	Flow & Restore with Tallula

Tuesday

09:30 - 10:30	Vinyasa with Lucy
18:00 - 19:00	Vinyasa with Brad
19:30 - 20:30	Vinyasa with Brad

Wednesday

07:00 - 07:45	Vinyasa with Leah
09:30 - 10:30	Pilates with Owen
18:00 - 19:00	Vinyasa with Maddy
19:30 - 20:30	Candlelit Yin with Maddy

Thursday

09:30 - 10:30	Vinyasa with Sam
18:00 - 19:00	Vinyasa with Lucy
19:30 - 20:30	Vinyasa with Lucy

Friday

07:30 - 08:15	Barre with Alisha
09:30 - 10:30	Flow & Restore with Katy
18:00 - 19:00	Vinyasa with Sorrel

Saturday

07:45 - 08:45	Vinyasa with Katy
09:15 - 10:15	Vinyasa with Sam / Leah
10:45 - 11:30	Core Flow with Sam / Leah

Sunday

07:45 - 08:45	Vinyasa with Sorrel
09:15 - 10:15	Vinyasa with Lou
10:45 - 11:45	Flow & Restore with Lou
17:00 - 18:00	Candlelit Yin with Rebecca

WAITING LIST SYSTEM

Whilst social distancing is in place, we are operating with a smaller schedule. Please add yourself to a waitlist if the class is full, this helps us to gauge the demand and know where to add more classes.