

Main Studio Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Power Pilates Rebecca Zacharek 08:15 - 09:15				Hot Yoga Olivia Foreman 08:00 - 09:00	Hot Yoga TBA 08:00 - 09:00
Barrelates Anna Fryer 09:45 - 10:30	Vinyasa Flow Yoga Joelle Pettitt 09:30 - 10:30	Vinyasa Evolution Kim Beech 09:30 - 10:30	Power Pilates Emma Peters 09:00 - 09:45	Barre Isobel Smith 09:30 - 10:15	Yin to Yang Yoga Olivia Foreman 09:15 - 10:15	Yoga TBA 09:15 - 10:15
		Pilates Mary Fryer 10:45 - 11:45	Creative Flow Yoga Chloe Goddard 10:00 - 11:00	Flow Yoga Gina Dowling 10:45 - 11:45	Strong Hot Yoga Sarah Helen-Kearvell 10:45 - 11:45	Pilates TBA 10:30 - 11:30
		Breathwork Rachael Morley 12:00 - 12:45			Embodied Yoga Lynette Greenaway 12:00 - 13:00	
Hot Flow Yoga Kim Beech 18:00 - 19:00		Tribal Yoga Lucy Gemmell 18:00 - 19:30	Mandala Yoga Angela Sanchez 18:15 - 19:15			
Yin Yoga Jessica Ellerby 19:15 - 20:15	Restorative Yin Yoga Amy-Jo Glover 19:00 - 20:30					

- All classes subject to slight time change

Booking System launching soon!

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Reformer Studio Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Reformer Fundamental Anna Fryer 08:30 - 09:20	Reformer Fundamental Sasa Cristina 09:00 - 09:50	Reformer Mary Fryer 09:30 - 10:20		Reformer TBC 09:30 - 10:20	Reformer TBC 09:00 - 09:50	Reformer Fundamental TBC 09:00 - 09:50
Reformer TBC 10:00 - 10:50	Reformer All Levels Sasa Cristina 10:00 - 10:50	Reformer Sarah Stally 10:30 - 11:20	Reformer Fundamental Mary Fryer 11:00 - 11:50		Reformer TBC 10:00 - 10:50	Reformer TBC 10:00 - 10:50
Reformer All Levels Anna McGarahan 12:00 - 12:50	Reformer Fundamental Sasa Cristina 11:00 - 11:50	Reformer Sarah Stally 11:30 - 12:20	Reformer Mary Fryer 12:00 - 12:50	Reformer Mikey Cook 11:00 - 11:50	Reformer TBC 11:00 - 11:50	
	Reformer All Levels TBC 18:00 - 18:50	Reformer All Levels Anna McGarahan 18:00 - 18:50	Reformer Mikey Cook 18:00 - 18:50			
			Reformer Mikey Cook 19:00 - 19:50			

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