

CLASS	TIME	DURATION (MINS)	LOCATION
PILATES (45)	08:00 - 08:45	45	FLOW STUDIO
HOT YOGA RISE & FLOW	08:15 - 09:00	45	HOT YOGA STUDIO
REFORMER MIXED LEVEL	08:15 - 09:05	50	REFORMER STUDIO
MY WELLNESS BODY MOT	08:30 - 09:00	30	GYM
GROUP CYCLE	08:30 - 09:15	45	SPIN STUDIO
POWER FUNCTIONAL	08:35 - 09:20	45	POWER STUDIO
PILATES (45)	08:55 - 09:40	45	FLOW STUDIO
TOTAL BODY STRENGTH	09:15 - 09:45	30	GYM
REFORMER POWER	09:15 - 10:05	50	REFORMER STUDIO
HOT YOGA HOT 45	09:30 - 10:15	45	HOT YOGA STUDIO
NEW RPM 108 LAUNCH	09:30 - 10:15	45	SPIN STUDIO
NEW BODY PUMP 135 LAUNCH	09:35 - 10:20	45	POWER STUDIO
PILATES (45)	09:45 - 10:30	45	FLOW STUDIO
MY WELLNESS BODY MOT	10:00 - 10:30	30	GYM
AQUA AEROBICS	10:00 - 10:45	45	POOL
REFORMER MIXED LEVEL	10:15 - 11:05	50	REFORMER STUDIO
NEW SPRINT 41 LAUNCH	10:30 - 11:00	30	SPIN STUDIO
POWER STRENGTH	10:30 - 11:15	45	POWER STUDIO
SLOW FLOW VINYASA YOGA	10:35 - 11:35	60	HOT YOGA STUDIO
TOTAL BODY STRENGTH	10:45 - 11:15	30	GYM
HOT YOGA FUSION	10:45 - 11:30	45	HOT YOGA STUDIO
REFORMER FUNDAMENTALS	11:15 - 12:05	50	REFORMER STUDIO
MY WELLNESS BODY MOT	11:30 - 12:00	30	GYM
YIN YOGA	11:45 - 12:45	60	FLOW STUDIO
HOT YOGA WARM FLOW	12:00 - 12:45	45	HOT YOGA STUDIO
REFORMER MIXED LEVEL	12:15 - 13:05	50	REFORMER STUDIO

OPEN DAY

CLASS TIMETABLE