

Launch Dates for New Classes (& Expected Schedule Jan 2023 Onwards)

	MON	TUE	WED	THU	FRI	SAT	SUN
Early Morning		REFORMER Jan 17 (6 - 6:40) with Heidi	YOGA (6:00 - 7:00) with Petra		PILATES PROPS (6:00 - 7:00) with Petra		
Morning	REFORMER Nov 28 (7:15 - 7:55) with Katie J	YOGA Nov 29 (7:15 - 8:15) with Vicky	PILATES PROPS (7:15 - 8:15) with Petra	PILATES PROPS (7:15 - 8:15) with Elaine	PILATES CIRCUIT (7:15 - 8:00) with Petra	PILATES PROPS (7:30 - 8:30) with Christina	REFORMER Jan 15 (8:00 - 8:40) with Heidi
Mid Morning	PILATES CIRCUIT Nov 28 (8:30 - 9:15) with Katie	REFORMER Dec 27 (8:30 - 9:10) with Vicky		PILATES PROPS Nov 24 (8:15 - 9:15) with Elaine	REFORMER Dec 30 (8:30 - 9:10) with Petra	YOGA (8:45 - 9:45) with Christina	YOGA Jan 15 (9:00 - 10:00) with Heidi
Late Morning	YOGA (9:30 - 10:30) with Christina	PILATES PROPS (9:30 - 10:30) with Mairi	PILATES PROPS (9:30 - 10:30) with Petra	REFORMER Nov 24 (9:30 - 10:10) with Elaine	YOGA (9:30 - 10:30) with Martina	PILATES PROPS (10:00 - 11:00) with Christina	
Later Morning					REFORMER Nov 25 (11:00 - 11:40) with Petra	AERIAL FLOW (11:15 - 12:15) with Petra	
Lunch	PILATES PROPS (12:15 - 1:15) with Christina		PILATES CIRCUIT (12:15 - 1:00) with Petra		YIN YOGA (12:15 - 1:15) with Petra		
Afternoon		TEEN & TWEENS AERIAL (4:45 - 5:45) with Steph	TEEN & TWEENS AERIAL (4:15 - 5:15) with Steph	TEEN & TWEENS AERIAL (4:30 - 5:30) with Nadean			
Late Afternoon	YOGA Dec/Jan (5:00 - 6:00) with Petra		REFORMER Nov 23 (5:30 - 6:10) with Christina				YIN YOGA + LIVESTREAM (4:00 - 5:15) with Heidi
Early Evening	PILATES PROPS + LIVESTREAM (6:15 - 7:00) with Petra	YOGA (6:15 - 7:15) with Christina	REFORMER Nov 23 (6:15 - 6:55) with Christina	PILATES CIRCUIT Nov 24 (6:15 - 7:00) with Lissa			
Late Evening	REFORMER Nov 28 (7:15 - 7:55) with Petra	PILATES PROPS (7:30 - 8:30) with Lissa W	YIN YOGA + LIVESTREAM (7:15 - 8:15) with Katie H	AERIAL FLOW (7:15 - 8:15) with Louisa			

N.B. Our Online Schedule will ALWAYS Be Up to Date

In the event of any small changes, our online booking system is always the one to plan your visits by :-)

Holiday Schedule in place Dec 19-23.

We are Closed only on Xmas Day, Boxing Day & New Years Day.

Yes! We are open after Boxing Day to New Year and Open for You From Jan 2 onwards