|  |  |  |  |
| --- | --- | --- | --- |
| WEEKDAY | TIME | CLASS TYPE | YOUR TEACHER |
| MONDAY | 08.30 to 09.30  09.45 to 10.45  11.15 to 12.10  12.25 to 13.25  13.40 to 14.40  14.50 to 15.45  16.00 to 17.00  18.00 to 18.55  19.10 to 20.05 | MENS YOGA  VINYASA FLOW YOGA  PILATES LEVEL 2  TAI-CHI BEGINNGERS  PILATES LEVEL 2  PILATES MIXED | AMANDA R (NOVEMBER)  SARAH LEE  DOROTA  TINA  TRACY F  TRACY F |
| TUESDAY | 08.25 to 09.25  09.40 to 10.35  10.45 to 11.45  12.00 to 13.00  13.10 to 14.10  14.20 to 15. 20  15.30 to 16.30  16.45 to 17.40  18.00 to 18.55  19.10 to 20.05 | PILATES LEVEL 1  PILATES LEVEL 2  X-HAIL MEDITATION  MINDFUL MOVEMENT  YOGA FOR ALL  YOGA FOR ALL  YOGA FOR ALL | WENDY H  WENDY H  JANE L  HANNAH J (JANUARY)  WENDY P  WENDY P  WENDY P |
| WEDNESDAY  CONTINUED | 09.00 to 09.55  10.00 to 10.50  11.00 to 11.55  12.15 to 13.10  13.25 to 14.25  14.40 to 15.40  16.45 to 17.45  18.00 to 18.55  19.10 to 20.05 | PILATES  PILATES MIXED  YOGA FOR ALL  DRU YOGA  PILATES MIXED  LADIES PILATES ALL ABILITIES | TRACY F (NOVEMBER)  TRACY F  JAN  JAN  TRACY M  TRACY M |
| THURSDAY | 08.30 to 09.30  09.45 to 10.45  11.00 to 12.00  12.15 to 13.15  13.30 to 14.30  14.45 to 15.45  16.45 to 17.45  18.00 to 19.00  19.10 to 20.10 | PILATES MIXED ABILITY  PILATES LEVEL 1  PILATES LEVEL 2  MEDITATIVE YOGA  YOGA FOR ALL  RESTORATIVE YOGA  YOGA FOR ALL | TRACY F  TRACY F  DOROTA  CAZ M (NOV 4TH)  CLIVE  DIANA  DIANA |
| FRIDAY | 08.15 to 09.15  09.30 to 10.30  11.00 to 12.00  12.15 to 13.15  13.30 to 14.30  14.45 to 15.45  16.45 to 17.45  18.00 to 19.00  19.10 to 20.10 | PILATES  TAI CHI & MEDITATION  DRU YOGA  X-HAIL MEDITATION  MENS YOGA  YOGA FOR ALL | TRACY F (NOVEMBER)  TINA (NOVEMBER)  JAN  JANE L  AMANDA R (NOVEMBER)  CLIVE |
| SATURDAY | 10.30 to 11.15 | INSTEPP FITNESS | JULIE F |