2018 TIMETABLE



TUES	WEDS	THURS	FRI	SAT
<b>KETTLES</b> Oba 9.30am	<b>LIIT (Circuits)</b> Oba 9.30am	<b>YOGA</b> Christian 7.15am (1hr)	BODY CONDITIONING Oba 9.30am	<b>YOGA</b> Kara 8.30am
BARRE CONCEPT Oba 10.45am	<b>HEALTHY 4 LIFE</b> Oba 10.45am	YIN YOGA 9.30am YANG YOGA 10.30am Ruth	HEALTHY 4 LIFE Oba 10.45pm (45mins)	BARRE CONCEPT Oba 9.45am
HEALTHY 4 LIFE Oba Nicky 12pm (45mins)  Oba 1.30pm		PILATES Anna 12pm		CIRCUITS Oba 11am
	<b>YOGA</b> Mirella 1.30pm	STRETCH & CORE Nicky 4pm	Available for PERSONAL TRAINING	MON/TUES/FRI THAI YOGA MASSAGE Book online, times on request Ruth Timms
<b>YOGA</b> Kara 6.10pm	HIIT (CIRCUITS) Sue 6pm	BARRE CONCEPT Oba 6pm		
<b>YOGA</b> Kara 7.15pm	PERSONAL TRAINING	PILATES Francesca 7.15pm		TIGUT TITTITIS
	KETTLES Oba 9.30am  BARRE CONCEPT Oba 10.45am  STRETCH & CORE Nicky 1.30pm  YOGA Kara 6.10pm  YOGA Kara	KETTLES Oba 9.30am  BARRE CONCEPT Oba 10.45am  STRETCH & CORE Nicky 1.30pm  YOGA Kara 6.10pm  KETTLES Clitr (Circuits) Oba 9.30am  HEALTHY 4 LIFE Oba 10.45am  YOGA Mirella 1.30pm  HIIT (CIRCUITS) Sue 6pm  PERSONAL TRAINING	KETTLES Oba 9.30am P.30am P.30am P.30am P.30am P.30am P.15am (1hr)  BARRE CONCEPT Oba 10.45am PILATES Anna 12pm POGA Mirella 1.30pm POGA Kara 6.10pm POGA Kara PILATES PILATES Anna 12pm BARRE CONCEPT Oba 10.45am PILATES Anna 12pm POGA Mirella 1.30pm PERSONAL TRAINING PERSONAL TRAINING PERSONAL TRAINING PILATES Francesca	KETTLES Oba 9.30am  BARRE CONCEPT Oba 10.45am  YOGA Christian 7.15am (1hr)  PILATES Anna 12pm  YOGA Mirella 1.30pm  YOGA STRETCH & CORE Mirella 1.30pm  YOGA Anna 1.2pm  YOGA Mirella 1.30pm  YOGA Anna 1.30pm  YOGA Mirella 1.30pm  YOGA Anna 1.2pm  PLATES Anna 1.2pm  Available for PERSONAL TRAINING  PERSONAL TRAINING  YOGA Kara PERSONAL TRAINING  PERSONAL TRAINING