

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:30		Pilates 1	Pilates 1 Restorative		Premier 1* 10:30 Premier 1*	10:00 Pilates 1-2 11:00 Premier 1
17:30	Premier 1* Restorative		Premier 1* Restorative		Aerial Yoga 1-2	
18:00	Pilates Flexibility 1	Pilates 1-2		Premier 1-2*	18:30 Hatha Yoga 1	Training programme for teachers • Yoga Alliance • Yoga Works • Power Pilates
19:00	Hatha Yoga 1	Vinyasa Yoga 1-2	Pilates Strength & Mobility 2	Vinyasa Yoga 1-2		
		Premier 1-2*		Premier 1*		
19:30	Premier 1-2*		Premier 1-2*		Aerial Kids	
20:30	20:15 Hip Hop Kids	Premier 1*	20:15 Yoga Gentle Flow 1	Pilates 1 Restorative		