

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am			6:15am 60 minutes Yoga Power Hour (All levels welcome) <i>Craig</i>			
6:30am						
7:00am						
7:15am						
7:30am						
7:45am						
8:00am						
8:15am						
8:30am						
8:45am						
9:00am						9:00am 75 minutes Yoga Intermediate <i>Jessica</i>
9:15am						
9:30am				9:30am 75 minutes Yoga All Levels <i>Craig</i>		
9:45am						
10:00am						
10:15am						
10:30am		10:30am 75 minutes Yoga Intermediate <i>Zehra</i>				
10:45am						
11:00am						
11:15am						
11:30am						
11:45am						
12:00pm						
4:30pm						
4:45pm						
5:00pm						
5:15pm						
5:30pm		5:30pm 75 minutes Yoga Intermediate <i>Zehra</i>	5:45pm 75 minutes Yoga All Levels <i>Craig</i>			
5:45pm						
6:00pm				6:30pm 75 minutes Yoga Intermediate <i>Zehra</i>		
6:15pm						
6:30pm						
6:45pm		6:45pm 75 minutes Yoga Slow Intermediate (suitable for beginners) <i>Zehra</i>				
7:00pm						
7:15pm						
7:30pm	7:30pm 60 minutes Meditation <i>Wendy</i>					
7:45pm						
8:00pm						
8:30pm						

*** Please note Timetable is subject to change*

*** During school holidays we run a reduced timetable schedule – Updated timetable available on the Fix Muscle Performance App*