

# HOLISTIC TIMETABLE



EFFECTIVE FROM MONDAY 4TH MARCH 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Operating & Reception Hours	5.00AM – 9.00PM	5.00AM – 9.00PM	5.00AM – 9.00PM	5.00AM – 9.00PM	5.00AM – 9.00PM	7.00AM – 6.00PM	7.00AM – 6.00PM
Crèche Hours	9.00AM – 1.00PM	9.00AM – 1.00PM	9.00AM – 1.00PM	9.00AM – 1.00PM	9.00AM – 1.00PM	7.30AM – 12.00PM	CLOSED
6.00 – 7.00AM	Yin Yang Yoga (Unheated)		Power Flow Yoga (Heat 32°)		Yin Yoga (Unheated)		
6.15 – 7.15AM		Core Fit Yoga (Unheated)		Yoga Fit (Unheated)			
7.15 – 8.00AM	Pilates Reformer EveryBody	Pilates Reformer Definition	Pilates Reformer Perfect 10	Pilates Reformer Energise	Pilates Reformer EveryBody		
7.15 – 8.15AM					Core Fit Yoga (Heat 30°)	Yoga Fit (Heat 32°)	
8.00 – 8.45AM							Pilates Reformer EveryBody
8.30 – 9.30AM						Slow Flow Yoga (Unheated)	
9.00 – 10.00AM							Power Flow Yoga (Heat 32°)
9.15 – 10.00AM			Pilates Reformer EveryBody				
9.30 – 10.30AM	Power Flow Yoga (Heat 32°)				Hatha Yoga (Unheated)		
10.00 – 10.45AM	Pilates Reformer Perfect 10	Pilates Reformer EveryBody			Pilates Reformer Definition	Pilates Reformer EveryBody	
10.00 – 11.00AM		Yoga Fit (Unheated)		Forrest Inspired Yoga (Heat 32°)			
10.15 – 11.15AM			Pilates Reformer Energise (45min)			Hatha Yoga (Unheated)	
11.00 – 12.00PM						Zero Gravity Basics	
12.10 – 12.50PM	Hatha Yoga (Unheated)	Slow Flow Yoga (Unheated)	Core Fit Yoga (Unheated)	Yin Yoga (Unheated)	Slow Flow Yoga (Unheated)		
3.00 – 5.00PM						Yin Yoga (Unheated)	Yin Yoga (Unheated)
4.30 – 5.30PM	Slow Flow Yoga (Heat 28°)	Yin Yoga (Unheated)	Yoga Fit (Unheated)		Yin Yoga (Unheated)		
5.30 – 6.15PM	Pilates Reformer Everybody		Pilates Reformer Everybody				
5.30 – 6.30PM	Core Fit Yoga (Unheated)			Hatha Yoga (Unheated)			
6.00 – 7.00PM		Power Flow Yoga (Heat 32°)					
6.15 – 7.00PM	Pilates Reformer Definition		Pilates Reformer Energise				
7.00 – 8.00PM	Hatha Yoga (Unheated)		Yin Yoga (Unheated)				

**KEY** myMOVES

myMIND & BODY

mySTRENGTH

myCYCLE

\*All classes are subject to change.