

## FITNESS CLASS SCHEDULE

	M	T	W	T	F	S	S
0800 – 0900	<b>Vinyasa Flow</b>  <i>All levels</i> Emma	<b>Vinyasa Inspired Flow</b>  <i>All levels</i> Chris	<b>Dynamic Flow</b>  <i>All levels</i> Chris	<b>Yoga Inspired Flow</b>  <i>All levels</i> Chris	<b>Fast Flow Friday</b>  <i>All levels</i> Chris	<b>Dynamic Flow</b>  <i>All levels</i> Vikki	<b>Vinyasa Flow</b>  <i>All levels</i> Emma
0930 – 1030	<b>Gentle Hatha</b>  <i>All levels</i> Emma	<b>Breath Workshop</b>  <i>All levels</i> Chris	–	–	–	<b>Yin Yoga</b>  <i>All levels</i> Vikki	<b>Gentle Hatha</b>  <i>All levels</i> Emma
1700 – 1800	<b>Pilates: HIIT &amp; Stretch</b>  <i>Intermediate level</i> Alice	<b>Sound Healing</b>  <i>All levels</i> Dani	<b>Mindful Flow</b>  <i>All levels</i> Loren	<b>Breath Workshop</b>  <i>All levels</i> Chris	<b>Sound Healing</b>  <i>All levels</i> Dani	–	–
1815 – 1915 or 1830 – 1930	–	<b>Barre Fitness</b>  <i>All levels</i> Lyndsey – 1830	<b>Yin Yoga</b>  <i>All levels</i> Loren – 1815	–	<b>Slow Flow</b>  <i>All levels</i> Olivia – 1830	–	–