

FITNESS CLASS SCHEDULE

	M	T	W	T	F	S	S
<i>Morning</i>	Vinyasa Flow 0800 – 0900 <i>All levels</i> Emma	Vinyasa Inspired Flow 0800 – 0900 <i>All levels</i> Chris	Dynamic Flow 0800 – 0900 <i>All levels</i> Chris	Yoga Inspired Flow 0800 – 0900 <i>All levels</i> Chris	Fast Flow Friday 0800 – 0900 <i>All levels</i> Chris	Dynamic Flow 0800 – 0900 <i>All levels</i> Vikki	Vinyasa Flow 0800 – 0900 <i>All levels</i> Emma
	-	-	Cold Water Dip 0930 – 1030 <i>All levels</i> Chris	-	-	Yin Yoga 0930 – 1030 <i>All levels</i> Vikki	Gentle Hatha 0930 – 1030 <i>All levels</i> Emma
<i>Afternoon</i>	Gentle Hatha 1545 – 1645 <i>All levels</i> Emma	Nature Meditation 1530 – 1630 <i>All levels</i> Angie	Breath Workshop 1530 - 1630 <i>All levels</i> Chris	-	-	-	-
	Pilates: Fitness & Stretch 1700 – 1800 <i>Intermediate level</i> Lyndsey	Sound Healing 1700 – 1800 <i>All levels</i> Dani	Yin Yoga 1700 – 1800 <i>All levels</i> Loren	Breath Workshop 1700 – 1800 <i>All levels</i> Chris	Sound Healing 1700 – 1800 <i>All levels</i> Dani	-	Slow Flow 1700 – 1800 <i>All levels</i> Olivia
<i>Evening</i>	Barre Fitness 1815 – 1930 <i>All levels</i> Lyndsey	-	Mindful Flow 1815 – 1915 <i>All levels</i> Loren	-	-	-	-