

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am							
8.45am	Buddhist Meditation. Andy Spragg	Restorative Stretch Dorian Bass-White		Meditation (Mindfulness Karen and Andrea)	Group Exercise Fiona Pascall	Pilates (STOTT) Samantha Arscott	
10.00am	Pilates Fiona Pascall	Yoga (Beginners) Bev Alderson	Vinyasa Yoga Steph Leitner (90 Minutes)	Yoga Morgan Lane	Pilates Fiona Pascall	Beginners Yoga Steph Leitner	Vinyasa Yoga Patricia Chiu
11.15am	Pilates Fiona Pascall	Hatha Yoga Bev Alderson		Yoga Nidra Lena Maughan	Group Exercise Fiona Pascall	Hatha Yoga Steph Leitner	Vinyasa Yoga Patricia Chiu
12.30pm	Yoga Rachael Salter	Pilates Morgan Lane	Mandala Yoga Lena Maughan	Restorative Stretch Dorian Bass-White	Pilates Fiona Pascall	Tai Chi & Qi Gong Andy Spragg	Tai Chi & Qi Gong Andy Spragg
1.45pm	Energy Release Lea-Ann Furphy	Somatics Sarah Guest	Pilates Morgan Lane	Restore your Core Hannah Kirkman	Somatics Stephen Leather	Hi-Intensity Yoga Morgan Lane	Venue Hire/ Workshops
3.00pm	Tai Chi Andy Spragg (Beginners)	Somatics Sarah Guest	Free Time	Tai Chi Andy Spragg (Beginners)	Somatics Stephen Leather	Somatics Stephen Leather	
4.15pm	Tai Chi Andy Spragg (Intermediate)	Free Time	Circuits Dileep Nair	Tai Chi Andy Spragg (Intermediate)	Qi Gong & Buddhist Meditation Andy Spragg	Foundation Pilates with Sam Ascott	
5.30pm	10X10 Sarah Guest	Core Strength Vinyasa Alix Coleby	Kettlebells Dorian Bass-White	Tai Chi Andy Spragg (Advanced)	Dance Contemporary/ Exercise/Bollywood	Intermediate/ Advanced Pilates with Sam Arscott	
6.45pm	Circuits Dorian Bass-White	Hatha Yoga Steph Leitner	Circuits Dorian Bass-White	Circuits Dileep Nair	Yoga Fusion Alix Coleby		
8.00pm	Yoga Andrea Osbourn	Hatha Yoga Steph Leitner	Kundalini Yoga and Shakti Dance with Svetlana McGraw	Yin Yoga Patricia Chiu			