

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am							
8.45am							
10.00am	Pilates Fiona Pascall			Yoga Morgan Lane	Pilates Fiona Pascall	Yoga Michel Traas	Core Yoga Patricia Chiu
11.15am	Yoga Lena Maughan			Yoga Nidra Lena Maughan	Exercise Fiona Pascall	Yoga Michel Traas	Vinyasa Yoga Patricia Chiu
12.30pm	Yoga Lea-Ann Furphy			Exercise Dorian Bass-White	Somatics Stephen Leather	Tai Chi Andy Spragg	
1.45pm	Buddhist Meditation. Andy Spragg			Restorative Stretch Dorian Bass-White		Yoga Morgan Lane	
3.00pm				Somatics Sarah Guest	Beginners Yoga Bev Alderson	Pilates Sam Arscott	
4.15pm	Tai Chi Andy Spragg			Tai Chi Andy Spragg	Yoga Bev Alderson	Kundalini Yoga Svetlana McGraw	
5.30pm	Somatics Sarah Guest			Tai Chi Andy Spragg (Advanced)	Qi Gong & Buddhist Meditation Andy Spragg		
6.45pm	Exercise Dorian Bass-White			Yin Yoga Patricia Chiu	Yoga Fusion Alix Coleby		
8.00pm	Yoga Andrea Osborne						