

SPRING/SUMMER TIMETABLE

Pregnancy modifications made in
all classes (excluding Soft Space)

	MON	TUE	WED	THU	FRI	SAT	SUN
7:00				Reformer			
8:30		Reformer	Reformer Gold (50+)	Strength (50+) --- Reformer	Reformer Gold (50+)	Core, Cardio & Strength	
9:30	Strength (50+) --- Reformer	Strength --- Bumps, Mums & Bubs Reformer	Core, Cardio & Strength --- Reformer	Core, Cardio & Strength --- Yin Yoga	Strength & Mobility --- Bumps, Mums & Bubs Reformer	Reformer --- Gentle Yoga	
10:30	Balance & Stability (Seniors)	Postpartum Program: Return to Exercise Safely (Term Booking)	Clinical Studio Pilates --- Mums & Bubs Yoga Course (Term Booking)		12PM Yin & Yoga Nidra		
11:30	Step Inside: A Studio Preview						
5PM	Teen Reformer (Term Classes)						4PM ZPY x VWT 'Soft Space' Yin Yoga
5:30	Prenatal Yoga Course (Term Booking)	Core, Cardio & Strength (Pilates Focused)					
6:00	Reformer		Reformer				
6:30				Women's Strength Foundations Course --- Sound Immersion (monthly)			
7:00	Yin Yoga			7:30 Strength			

**Strength/Fitness Studio:
(ground floor)**

All Strength Classes
Postpartum Program

**Reformer Studio:
(upstairs, end of hallway)**

All Reformer Pilates & Clinical Studio
Pilates Classes.

**Retreat Studio:
(upstairs, first room on right)**

All Yoga, Mat Pilates,
Balance & Stability classes,
Sound Immersions & all events.

