

WINTER CLASS SCHEDULE

Pregnancy modifications made in
class (excluding Athletic Reformer)

	MON	TUE	WED	THU	FRI	SAT
8:30	Strength (50+)	Reformer	Reformer Gold (50+)	Reformer	Reformer Gold (50+)	Athletic Reformer *not suitable for pregnancy or injuries
9:30	Reformer	Strength	Himalayan Breath & Kriya --- Reformer	Yin Yoga	Strength & Mobility	Reformer --- Slow Flow Yoga
10:30	Balance & Stability (Seniors)	Clinical Studio Pilates			Bumps, Mums & Bubs Reformer	
11:30	Clinical Studio Pilates		Mums & Bubs Yoga + Connection (Term Booking) --- Clinical Studio Pilates	Postpartum Program: Return to Exercise Safely (Term Booking)		
12PM					Yin & Yoga Nidra	
4:30		Teen Reformer Group 1 (Term Booking)				
5:30		Teen Reformer Group 2 (Term Booking)	Prenatal Yoga Course (Term Booking)	Women's Beginner Strength		
6PM	Reformer	Slow Flow Yoga	Reformer		Sound Immersion (monthly)	
6:30	7PM Yin Yoga			Reformer		