



Group Fitness Autumn Timetable

March - May 2019

Mind + Body - Studio 3

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30 AM	RESTORATIVE YOGA Lorin		HYPER C RADICAL FITNESS Sam H.		YOGA Lorin		
7:30 AM				YOGA Lorin	PILATES Lorin	BEGINNERS YOGA Lesley	
8:30 AM	FITBALL Lorin		BEGINNERS YOGA Danielle			FITBALL Lesley	BEGINNERS YOGA Darren
9:30 AM	PILATES Lorin	LES MILLS BODYBALANCE Kelly	YOGA Danielle	PILATES Lorin	BEGINNERS YOGA Danielle	YOGA Rachel	RESTORATIVE YOGA Sonali
10:30 AM	YOGA Angela	MEDITATION YOGA Kelly	LES MILLS BODYBALANCE Libby	LES MILLS BODYBALANCE Melinda	MEDITATION YOGA Danielle		YOGA Darren
3:30 PM						YOGA Darren	
4:30 PM							LES MILLS BODYBALANCE Kelly
5:00 PM	BOOTY X Melinda	LES MILLS CXWORX Louise	LES MILLS CXWORX Lisa	ABT Melinda			
5:45 PM	LES MILLS BODYBALANCE Melinda	PILATES Bree	PILATES Lesley	YOGA Melinda	RESTORATIVE YOGA Angela		
6:45 PM	YOGA Darren	RESTORATIVE YOGA Bree	BEGINNERS YOGA Angela				