

Active Studio Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	Vinyasa Yoga						
07:00	Reformer	Vinyasa Yoga 6:45am	Circuit Mixed	Vinyasa Yoga 6:45	Circuit Heart Rate		
08:00	Reformer	Reformer	Circuit Heart Rate	Reformer	Circuit Strength	Reformer 8:30	
09:00	Circuit Strength	Reformer	Circuit Heart Rate	Restore Fusion	Circuit Mixed	Reformer 9:15	Functional Fitness
10:00						Circuit Strength	Freestyle Circuit
11:30		Reformer	Functional Fitness	Reformer			
12:30	Functional Fitness	Reformer	Reformer	Circuit Mixed	Reformer		
15:00						Hammock Flow	Vinyasa Yoga
17:00	Circuit Strength	Circuit Mixed	Circuit Strength	Reformer	Hatha Yoga	Aerial Belt	
18:00	Circuit Heart Rate	Circuit Strength	Circuit Mixed	Hammock Yoga	Aerial Foundation		
19:30					Restore Aerial		

Timetable subject to change due to instructor availability. Public holidays reductions apply.