

Active Studio Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
06:15	Vinyasa Yoga		Circuit Mixed 6:30	Vinyasa Yoga	Circuit HR 6:30			
07:00		Reformer						
07:30	Reformer		Yogilates 7:20	Reformer	HIIT30	08:30	Reformer	
07:45						09:00		Functional Fitness
08:00		Reformer				09:15	Reformer	
09:00	Circuit Strength	Reformer	Circuit HR	Yogilates	Circuit Mixed	10:00	Freestyle Circuit	Freestyle Circuit
11:30			Functional Fitness					
12:30	Functional Fitness	Circuit Strength	Reformer	Circuit Mixed	Reformer			
15:00								
17:15	Circuit Strength	Circuit Mixed	Circuit Strength	Reformer				
18:00	Circuit Heart Rate(HR)	Circuit Strength	Circuit Mixed					

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

