

online class schedule

Monday

9.15am ONLINE Clinical Yoga - Catherine
10am PARK (ONLINE) TaiChi - Clare
11am ONLINE & STUDIO Matwork Pilates - Frankie
12.15pm ONLINE Matwork Pilates - Gemma
1.30pm ONLINE & STUDIO Matwork Pilates - Nicola
2.45pm ONLINE & STUDIO Clinical Yoga - Dom
6pm STUDIO Reformer Pilates - Jagoda
7.15pm ONLINE & STUDIO Matwork Pilates - Jagoda

Tuesday

8.45am ONLINE & STUDIO Barre - Roosa
11am ONLINE & STUDIO Matwork Pilates - Vanessa
12.15pm ONLINE & STUDIO Dynamic Yoga - Bertie
6pm STUDIO Reformer Pilates - Kate
7.30pm ONLINE & STUDIO Dynamic Yoga - Bertie

Wednesday

9.15am ONLINE Clinical Yoga - Catherine
10.30am ONLINE & STUDIO Matwork Pilates - Vanessa
12.30pm STUDIO Reformer Pilates - Kate
3pm ONLINE Clinical Yoga - Catherine
4.15pm ONLINE & STUDIO Matwork Pilates - Rita
6pm ONLINE Matwork Pilates - Jane
7.30pm ONLINE & STUDIO Intermediate+
Iyengar Yoga - Sophia

Thursday

8am STUDIO Reformer Pilates - Vanessa
9.15am ONLINE Clinical Yoga - Catherine
11am ONLINE & STUDIO Matwork Pilates - Nicola
12.15pm ONLINE Clinical Yoga - Catherine
1.45pm ONLINE & STUDIO Matwork Pilates - Jagoda
3pm STUDIO Reformer Pilates - Jagoda
6pm STUDIO Reformer Pilates - Tom
7.30pm ONLINE & STUDIO Flow Yoga - Roosa

Friday

8am ONLINE & STUDIO Matwork Pilates - Vanessa
9.15am STUDIO Reformer Pilates - Vanessa
9.15am ONLINE Hatha Yoga - Bertie
10.30am STUDIO Reformer Pilates - Tom
11am ONLINE Hatha Yoga - Bertie
1.40pm ONLINE Improver Iyengar Yoga - Sophia
6pm ONLINE & STUDIO Dynamic Pilates - Jagoda
7.15pm ONLINE & STUDIO Matwork Pilates - Jagoda

Saturday

8.15am ONLINE & STUDIO Vinyasa Yoga - Roosa
9.30am ONLINE & STUDIO Matwork Pilates - Vanessa
10.45am STUDIO Reformer Pilates - Vanessa
12pm STUDIO Reformer Pilates - Vanessa

tops:health

Class recordings available on request

Small group Equipment Circuit sessions available on request